Oth Office Is Showing



JACKIE CHARD

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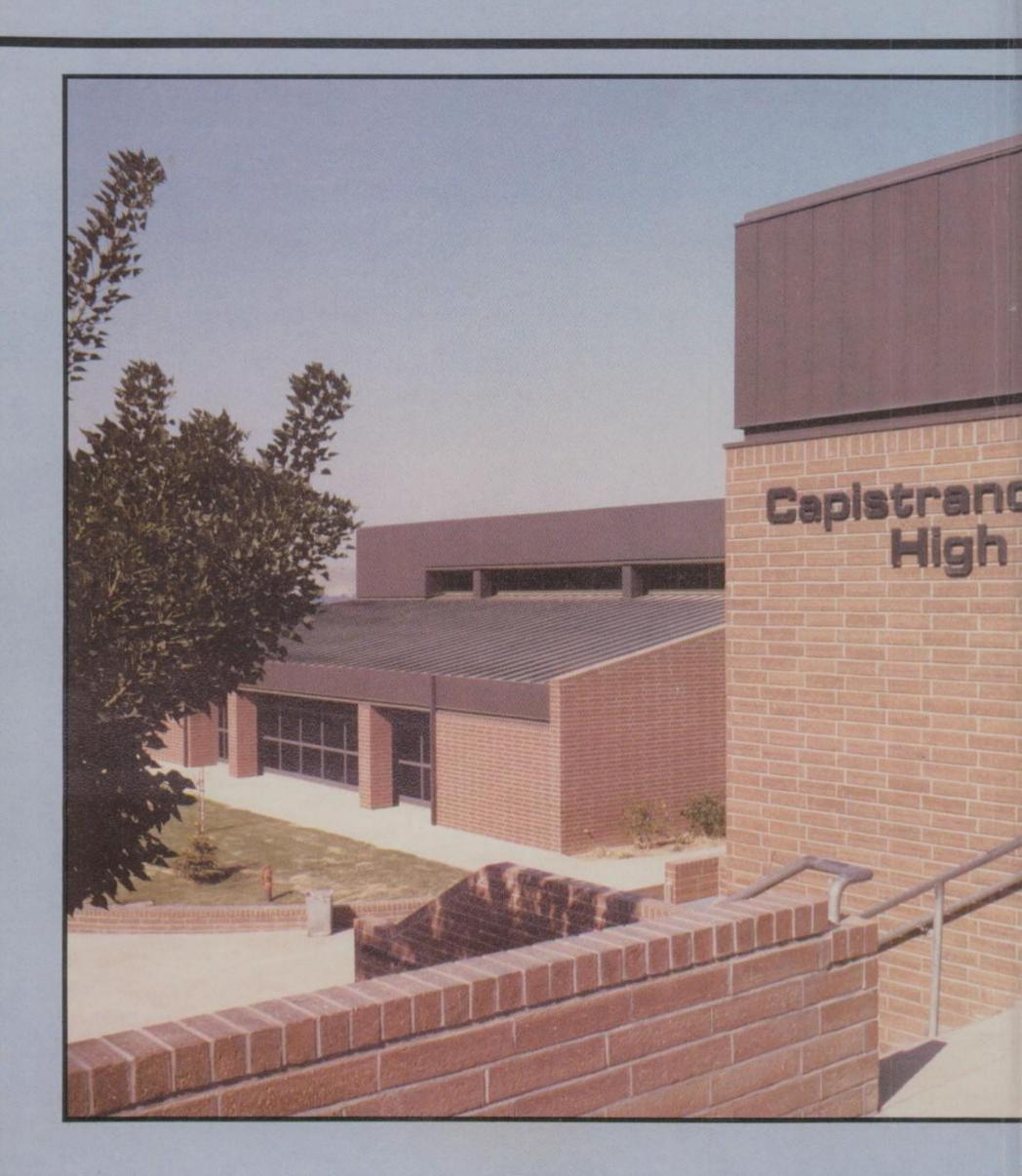
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El Gato Capistrano Valley High School, 26301 Via Escolar, Mission Viejo, CA 92692 (714) 495-6100 Volume 8 Editors: Dave Reinhart and Gay Heinaman Advisor: Karen Winn Publisher: Josten's American Yearbook



#### table of contents



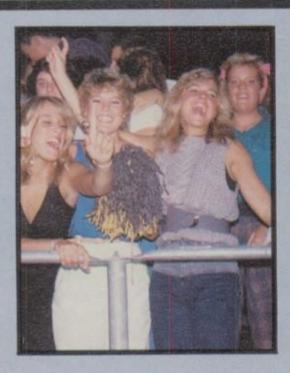
#### THEME: 2

Capo has always strived for the best and the Cougars are proud of themselves, achievements, and community.

#### STUDENT LIFE: 16

Students enjoy their friends, participating in spirit activities and dressing up for special occasions.

Cheering on the Cougar team, Jamie MacDonald, Jaye LaFontaine, and Missy Gabris believe Capo is #1.



#### **ACADEMICS: 36**

Although students had fun getting crazy in the mall, they studied to achieve academic excellence.

#### **CLUBS AND ORGANIZATIONS: 48**

Through the various clubs and organizations on campus the students displayed their willingness to get involved.

#### ATHLETICS: 80

Cougars slaughter Mission Viejo High School again in a 28-0 victory.

Positive results are found when Dave Donner and Rob Hammond look over their photography negatives.



SENIORS: 148

JUNIORS: 192

SOPHOMORES: 212

FRESHMEN: 234

**COUGAR STAFF: 258** 

**ADVERTISEMENTS: 280** 

INDEX: 288

ASB President Kristin Townsend and Sr. President Chris Muradian welcomed the student body with open arms.



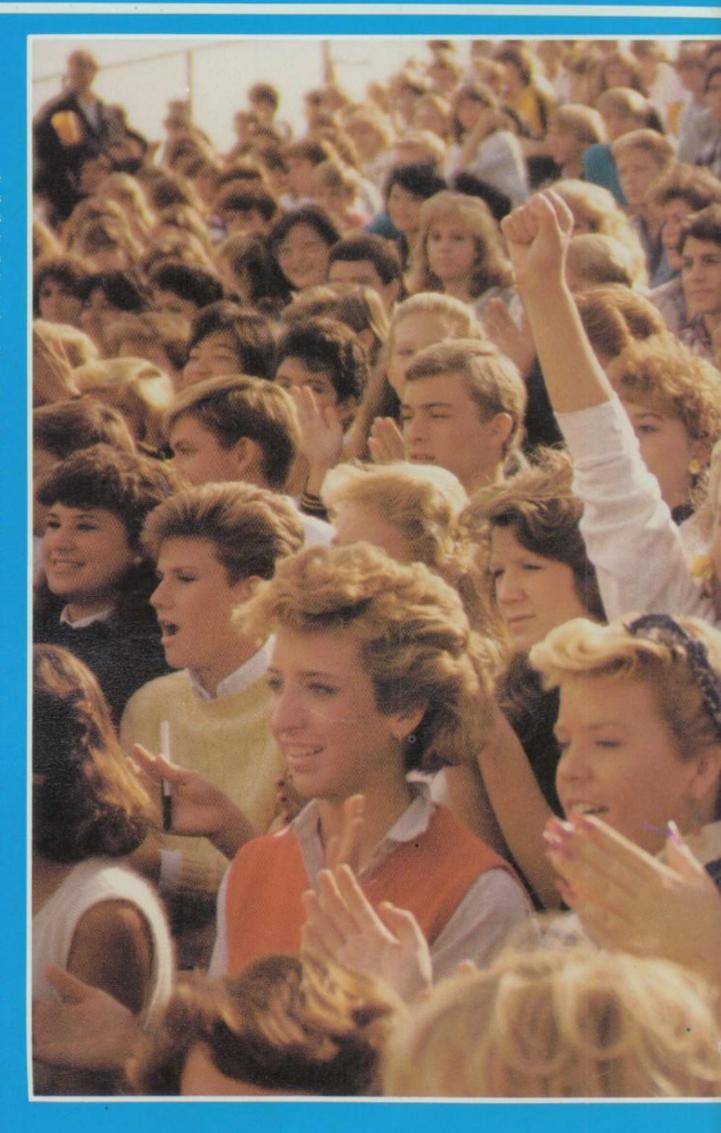
#### our pride is showing!

#### It's Our School And We Love It!

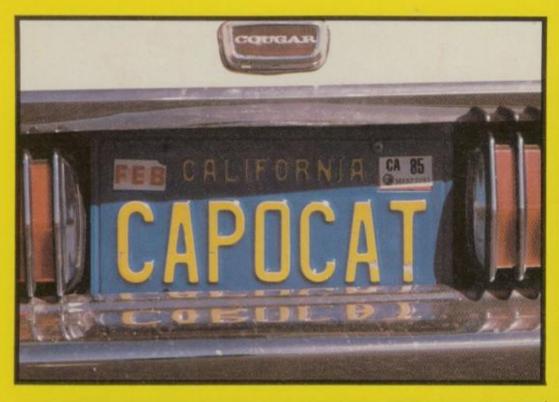
Each year as we grow, we become more and more the individual personality that sets us off from one another. Yet even with this growing separation, there also grows a sense of unity that bonds us together as one, a pride that will last long into our lives. We gain the memory of smiles and caring concern that is so evident here at Capistrano Valley High School.

It begins with the individual. Each one of us, in our own way, shapes the character of the whole school, contributing a piece of ourselves, creating something that we can all be proud of. Due to these contributions and the sense of camaraderie, our pride flourished for our school and for ourselves this year. Spirit shirts were worn in abundance, people turned out from all directions for various dressup days and rallies, and record crowds appeared to root for the home team in all sports, win or lose. In time, who remembers what games were won and by how much? What is remembered are the good times that were had. We remember the times that little Johnny screamed so hard he fell over and scraped his nose or when Stretch Johnson went up for that famous tiebreaking slam at the wrong end of the court! We remember the laughs and smiles that were shared during various activities during the year. This year, especially, with the institution of the PRIDE program, we tried to come together as a student body by taking pride in our campus (with its brand new wing!) and cleaning up after ourselves, achieving in the classroom and on the field or courts, and by basically sharing the good feelings we had about being part of Capistrano Valley High School.

All these experiences of growing are what bring us together, but our individual approaches to high school life are what set us apart from the rest. People laughing, people sharing, people taking the time to show they really care about OUR school. And we are proud of it as we are proud of ourselves. For there will always be a part of us left in the school, and always there will be a part of the school left in us.

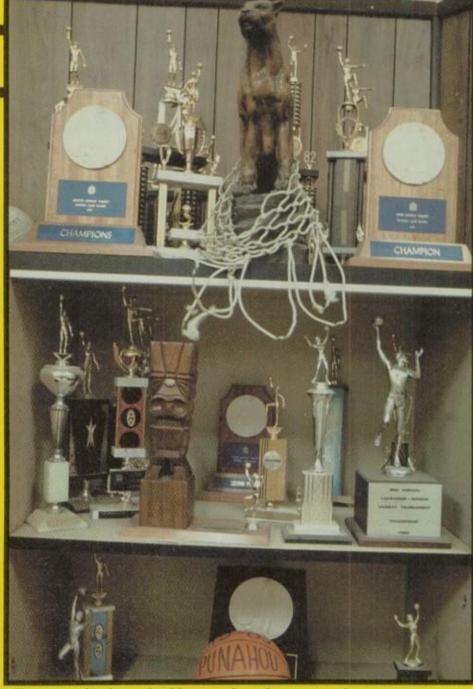




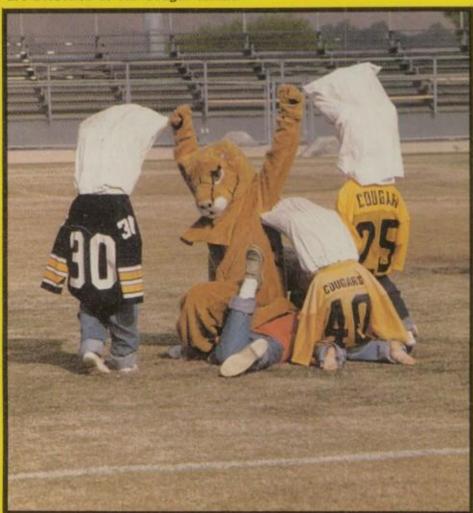






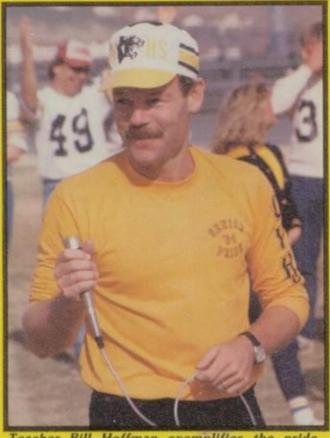


The many displays of athletic and academic awards around campus are evidence of our Cougar talent.



At the Mission pep-rally the Cougars down another Diablo, portrayed here by Dave Reinhart.

#### pride in our school



Teacher Bill Hoffman exemplifies the pride among the faculty at Capo Valley as he leads a cheer at a pep rally.

#### Students, Staff Come Together In Showing Off Our School

pride; (prid) n. the state or quality of being proud; worthy self-esteem.

The dictionary definition of pride is adequate, but somehow lacking in character. History teacher Colonel Frost has his own idea of pride "Pride is a feeling of exaltation for being a member of something great and good — something you believe in with your whole heart." Being proud of your school doesn't just mean cheering for your team (although Capo's teams are something to be proud of). There are many other ways of showing your pride — by staying after school to help a friend with his algebra, by pausing

by the trophy case to admire the many athletic and scholastic achievements, by picking up a cheeseburger wrapper that had been lying on the sidewalk, and perhaps most important of all, by getting good grades.

Pride in our school is pride in our School's image. Taking an active part in promoting Capo's image helps you really appreciate the people — students and teachers, their accomplishments, and their dedication to CVHS. After all, as the renowned French philosopher Voltaire once said, "By appreciation we make excellence in others our own property."



These seniors show their pride at "Mission Night," a poster painting party the night before the Mission game.

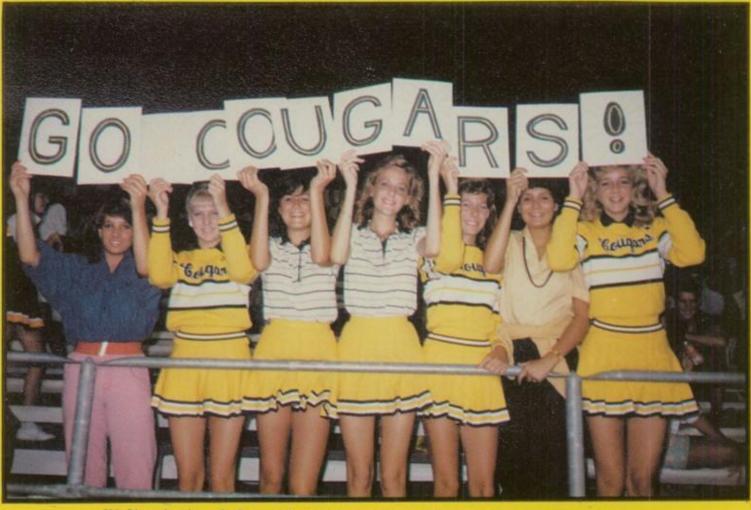
Alex Lonne and Suzanne Fagan are showered with confetti as the Cougars score a touchdown.

#### Showing Pride With Enthusiasm

Spirit is contagious — passed on to others by enthusiasm, standing ovations, and cheering that leaves you with a sore throat for the next two days. Spirit is also hereditary — handed down from seniors who are the most rowdy, to juniors who idolize seniors, to sophomores who really try hard, to freshmen who are born into CVHS with only the experience of junior high cheering. Spirit can also be injected into the body through experiences such as all night "beat mission" poster parties, regular doses of "the wave" and of course, by skunking our cross-town rivals, the Mission Viejo Diablos, 28 to nada.

Coach Elecciri once said, "The team wins not because of their physical strength, but because they are boosted by the crowd." And he's right. It isn't whether we win or lose that matters, but it's the sensation you get after a homerun or a last minute touchdown that makes the game so exciting. It isn't just being spirited when the team wins, but cheering your lungs out when they're losing the game. As Napolean said, "There are in this world two powers — the sword and the spirit. The spirit has always vanquished the sword."





JV Cheerleaders & Co. work overtime to prove that they're proud of the team.

#### cougar pride!



To be assured that no mistake is made here, these proud seniors display their ranks.



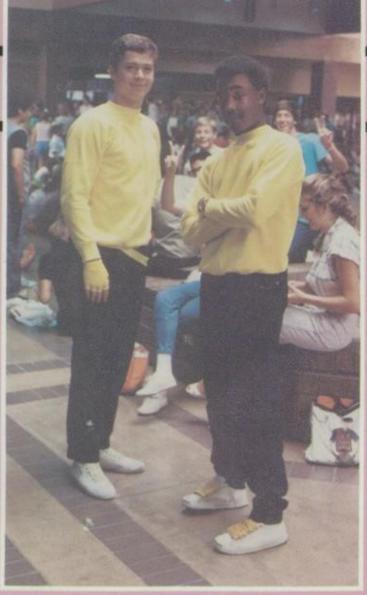
Our famous football player's numbers have been unofficially retired on this spirit poster.



On a break after performing, drill team members enjoy the football game.



Paula Hoffart collects her "gear" after the Mission EP.



Rob Sheehan and Chuck Hemphill take a break from breakdancing to watch the lunch crowd go by.



Nicole Glazer and Christie Sprain spend lunch together as all good friends do.



Hank Grimmick (known for his checkered shoes) and his gal Denise Miller show off his pride and joy — a customized Honda Civic.

#### expressing ourselves

Doug Dickson cools off after one of Mr. Olinger's hot band practices, and shows off his color-coordinated shades.



Jesse Hughes has become the epitome of individuality here at CVHS.

# Conformists Are Out... Be Yourself (Amendment 27)

We take our pride seriously here at Capo Valley. We show it in a number of ways: academics, athletics, that sort of thing. Not everyone can be an athlete or an honor roll candidate, however. Fortunately, there is a saving grace — pride through self expression! Without it, we would be expressionless zombies. You want color? Every color in the spectrum can be found at CVHS, from fluorescent clothes to airbrushed cars and even blue hair. Friendship? Students of all styles, backgrounds, and tastes hang together like a giant family. Talent? It's hard to think of someone who can't play music, act, dance, draw, or just show off. So, let's give ourselves a hand. We deserve it.



Tapping her flute to the beat, Shawna Fitt chooses to express herself through music.

theme 11

#### pride in accomplishments

#### Success In Gear

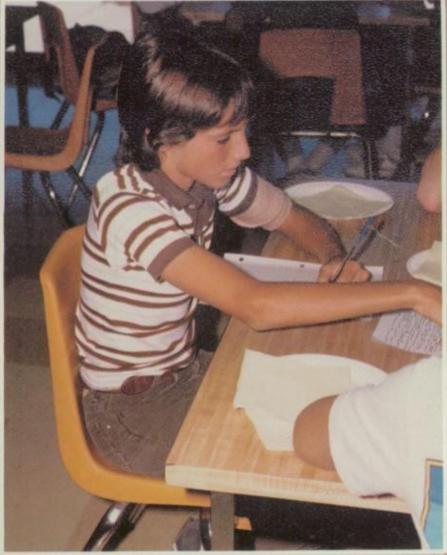
Students at Capistrano Valley have always been high achievers in sports, national testing, and different competitions. In the California Assessment Program we are in the 97% in the state, which is fantastic. Our band, directed by Lynn Olinger, always receives 1's or 2's in their competitions. A 1 or 2 in rating scale is the best one can receive. Drill team, flags, and cheer, through their well developed routines, always place quite high. Our dedicated, agile athletes push themselves during vigorous practices to achieve supremity. They do, too, as many of our athletes are the best in the county, state, and even nationally.

With a dedicated staff and advisor, the El Gato and Paw Prints have won awards through national rating systems. Last year's El Gato received 2nd place. For our many gifted students academically there is Kiwanis Bowl and the Decathlon teams which usually are above the other schools.

Students gear themselves to be high achievers and this reflects in the accomplishments that Capo is proud to be known for.



Camerata members Dan Daley and Christa Forster entertain the parents at Back-to-School Night.

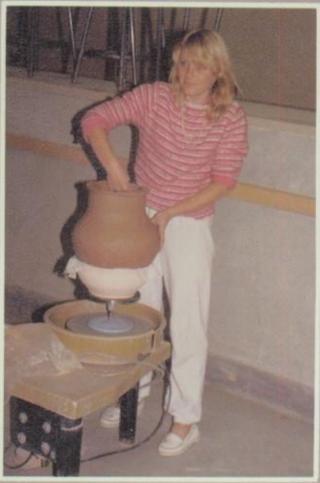


David Weidner, an excellent student in German, studies hard and therefore, always knows the answers.



Gina deLeo pastes up the second issue of our award-winning Paw Prints newspaper.





Stefanie Price creates a practical work of art while learning new ways to use her imagination.



... F-J-D-K-S-L-A-semi-colon ... Typing is a difficult skill to master but once learned, is a priceless commodity.

Another priceless commodity is musical knowledge. Here, Elaine Smith intently concentrates on her scores while entertaining the Back-to-School Night crowd.

#### a community to be proud of

#### Living In The Promised Land

While people in the East suffer through freezing winters and scorching summers, we here in Southern California enjoy ideal climate as well as an ideal community that offers history, growth, excellent schools and athletic programs, to name just a few. Mission Viejo, a master-planned community opened in 1966, continues to grow through new houses, apartments, shopping and industrial centers. Mission Viejo was recognized world wide last year as the 1984 Olympic cycling races and Pentathlon in Coto de Caza were held here.

The Olympic-goaled Nadadores team is well known throughout the nation for their outstanding swimmers, divers and vigorous program. The team is based at the Mission Viejo Rec. Center on Marguerite and lists among its staff our own CVHS swim team

coach, Terry Stoddard.

For watersport enthusiasts, Mission Viejo is a dream come true. Easy access to a huge man-made lake provides an added plus to living in our community.

The antique mission in San Juan Capistrano gathers a tremendous crowd each year when the swallows return. The recent construction of a replica of an old church has sparked new interest in our rich heritage.

Weekends and summer vacation, the "in" place to be is the beach. Some of the favorites among students are Pico, 204, T-Street and Trestles — all located about 20 minutes from Mission Viejo.

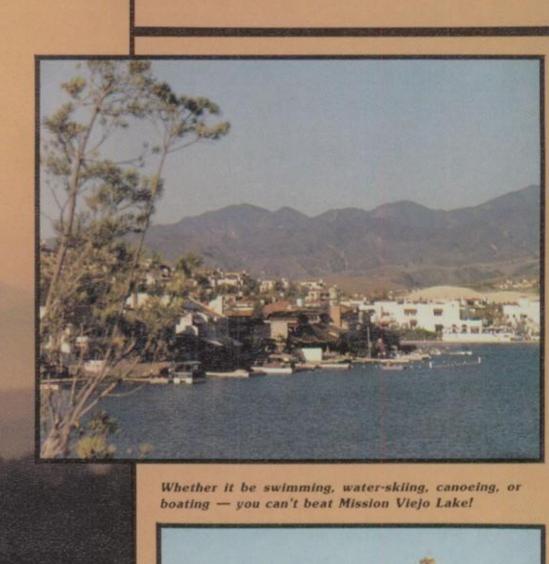
Many people have a tendency to take our town for granted, but we should all be proud of the community in which we are fortunate enough to live.

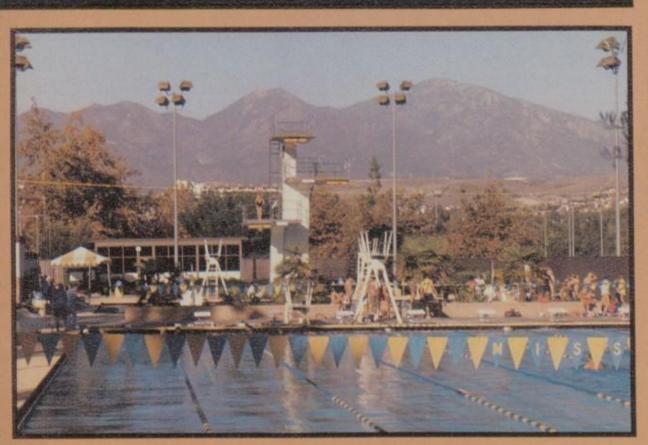


The only place to be when school is out is the beach. Capo students are fortunate to have a wide variety of beaches in the area to choose from.

The charm and beauty of our historic mission draws thousand of sight-seers to our community each year.





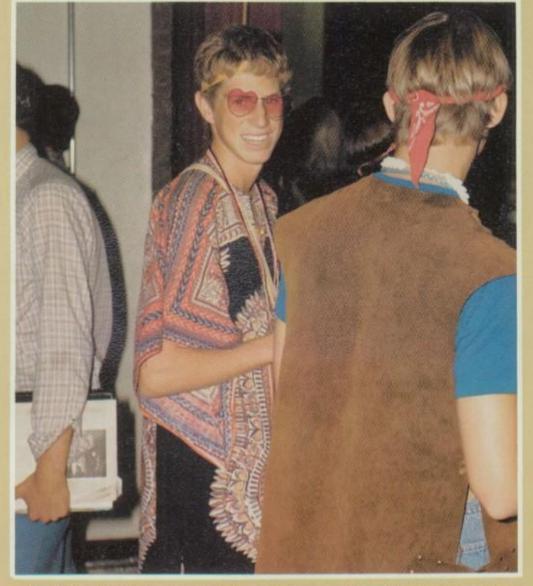


The construction of this Spanish church in San Juan Capistrano adds a sense of history to our community.

Seeing our home-grown members of the Nadadores swimming and diving in the Olympics instills tremendous pride in our community.

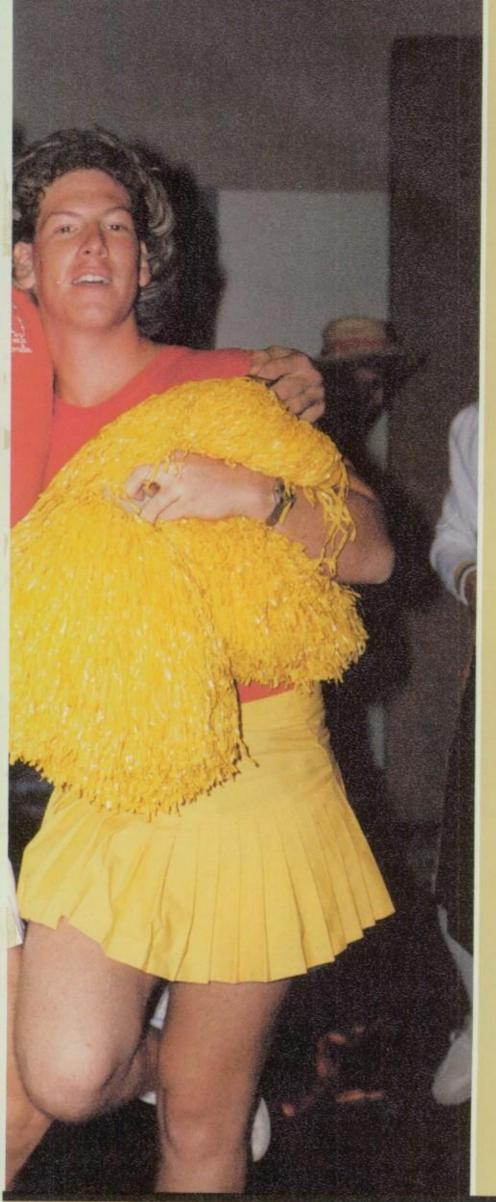


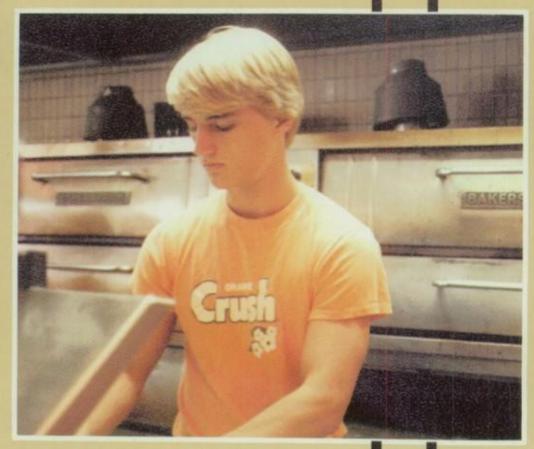
During halftime at the Homecoming game, Heather Nietzke, Marcie Rodriguez and Elise Autenrieb proudly show off the costumes they were as flag bearers in the Olympics.



One of the "hip dudes" on campus, Jeff Werkmeister, waits backstage for his Halloween costume to be judged.







Ron Sprouse, one of the hardest-working students at Capo, prepares a scrumptious pizza at Scotto's Pizzeria in the Mall.

#### We Do It Anyhow, Anywhere, Anywhen!

Anybody visiting here from the outer limits of Gatooma, Zimbabwe just might be amazed at some of the things that go on at Capo, but a CVHS veteran takes it all in stride while enjoying it at the same time. And who could help but be fascinated with the variety of people, fashions and hairdos — not to mention some of the costumes on Halloween! A stranger at the MORP might be shocked at the manner in which we hold our dances, but then he'd have to see our Christmas formal to be duly impressed.

Homecoming also had enough flare packed in with its Olympic theme to excite even the most blase' student. And, of course, any visitor would surely be pleased with the hard-working students we have here, especially the ones who work so hard to create animated E.P.'s for the involvement and enjoyment of the student body. Yes we do have one unique school on our hands, unequaled even by the best academy in Gatooma.

Posing as San Clemente cheerleaders at an EP, Rich Finn and Jeff Zaret display their beautiful, hairy legs for all to see.

#### activities

#### Mall Antics Keep Students Active!

The mall is the center of just about all the activity on campus. It's the place where we eat, dance, buy flowergrams, watch cheerleaders perform, and where we cheer our classmates on in competitions. We walk through the mall every day on our way to class. And if we're not in class, Mr. Walshe is in the mall to make sure we have a hall pass!

Because everyone congregates in the mall, that's where the clubs on campus hold fundraisers. ASB asked Santa back again this year so we could have our pictures taken with him. CSF sold flowergrams once again, as did the Junior class. And our newspaper, Paw Prints, regularly sells classified ads on the stage.

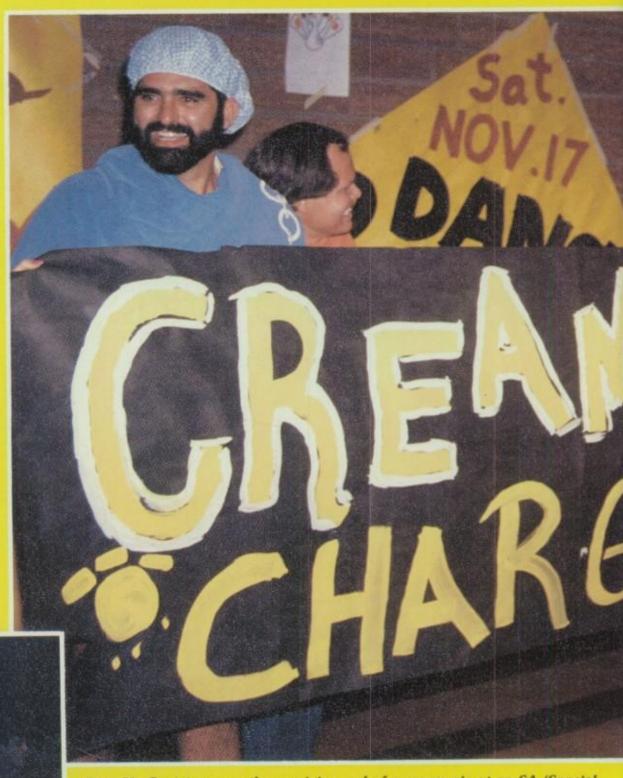
At EP (now called SA or Special Assembly) we can see Mr. Panici creamed with a pie, or freshmen creamed in class competitions (sometimes). SA's also motivate us to go the games to cheer on the team.

The best part about the mall is that all the dances are held there. This year the Senior class held the first annual MORP — a backwards Prom to which we wore our ugliest clothes, dined at McDonalds, and gave our dates a weed corsage.

For many Capo students, the best memories of high school take place in the mall. Take time to enjoy the activities held there, and maybe 36 years from now when you think back on your days here, you'll smile.



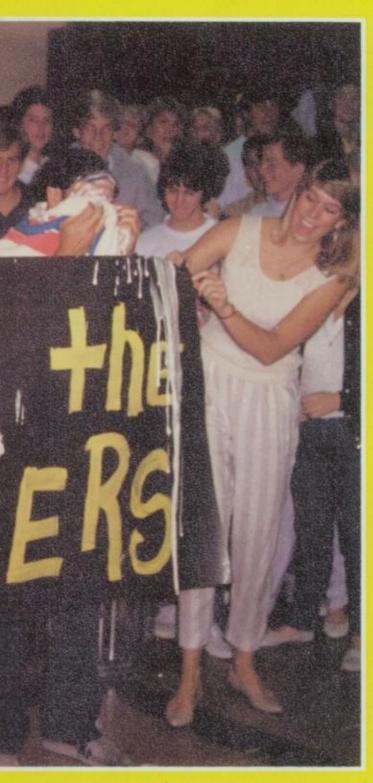
Camerata was just one of the featured attractions at SA's this year.



Poor Mr. Panici was on the receiving end of a cream pie at an SA (Special Assembly) early this year. Coach Elecciri awaits HIS turn.



Kris "Gipe" Kringle showed up at Christmas time to grant the wishes of these children.





The first annual MORP brought out the true character of students trapped in the "Clash Zone."



As usual, the race was between the classes, and the winning class was the one who could create the largest mound of whipped cream.



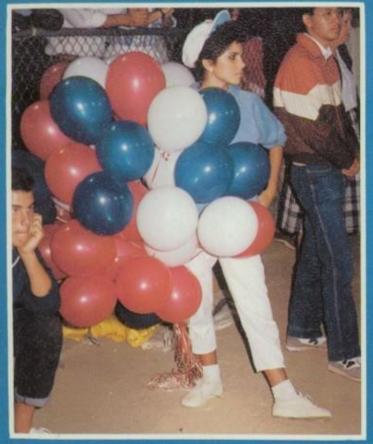
Capo DJ's "Sir Scratch Allot" Chuck Hemphill and "Play-Boy" Rob Sheehan rock Representing the freshman class, Tom Adams pins Santa onto the the crowd at one of the many dances held this year in the mall.



chimney at the Christmas assembly.



Members of Capo's 1984-85 Homecoming Court are (front) Heather Hubbard-soph., Jamie Case-frosh. (middle) Michelle Fosdick-sen., Cathy Sedgwick-queen, Paula Hoffart-sen. (back) Shelly Crumpler-soph., Staci Burgus-sen., Chris Muradian-sen., and Michelle Meyer-jun.



Sophomore class president Alex Lonne waits on the sidelines with Olympic colored balloons.



Cindy Sawyer guides Michelle Fosdick and her proud father to the platform.

As Dr. Krembas brings out the queen's cape, last year's queen Lisa Vargo gives Cathy Sedgwick a congratulatory hug.



With tears in her eyes, Cathy Sedgwick circles the track.

#### Homecoming Features Olympics Theme

A night to remember, the 1984-85 Homecoming yielded smiles, cheers, laughter and tears. With the American sweep in the '84 Summer Olympic games, it was only fitting that our first big event this year would follow that theme.

Special guest Steve Hegg, gold medal cyclist, brought the ceremonies together with the announcement of the 1984 Homecoming queen — Cathy Sedgwick. Queen for only one night, yet cherished forever are the memories of the evening for Cathy and all present.

The only drawback to the entire evening was the Cougar football loss to opposing Irvine High School.

Homecoming week provided us with a variety of activities from Black and Gold Day to a strip tease at lunch, as five male students stripped down to reveal the names of Homecoming finalists on their backs!

The week culminated with the Homecoming Dance, a semi-formal affair held in Capo's mall.

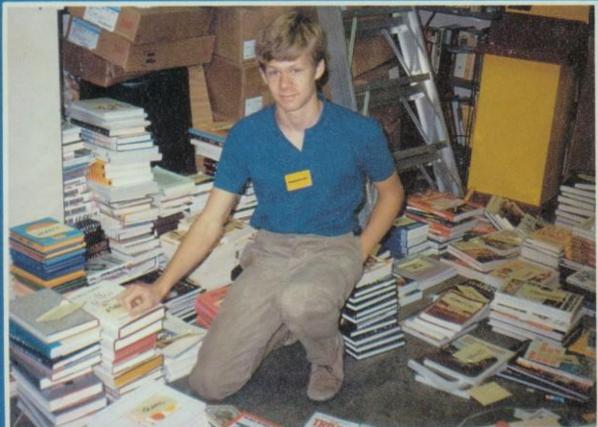
Once again, Homecoming was one of the highlights of the fall semester, enjoyed by all.



Chris Muradian, Paula Hoffart and Staci Burgus tour the stadium during halftime.



The Homecoming cake, like the dance, was well prepared and much enjoyed.



It's not easy but somebody's got to do it. Tim Randall stocks books at Walden's bookstore.



Working at the House of Almonds, Joe Swift fills a customer's order.



Sean Nelson keeps an eye out for prospective customers at Ritz Camera.

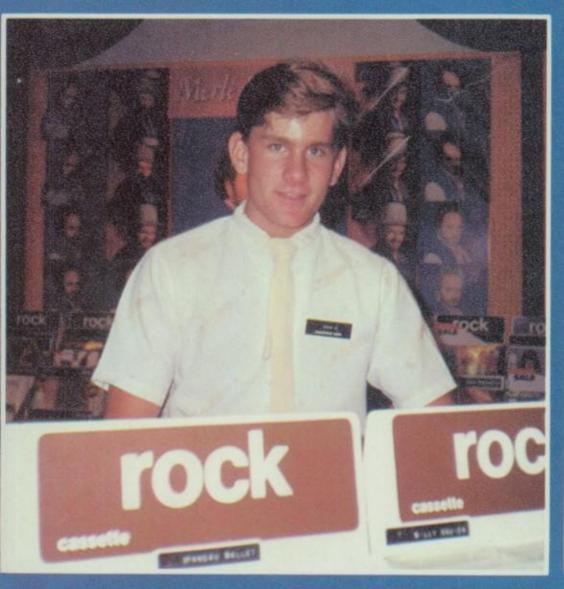


OOH

Joe Kindrich helps J.T. Anderson demonstrate the "gravity machine" in Total Fitness at the Mission Viejo Mall.

# SPECIAL 10 OFF YOUR CROWN WITH AM PURCHASE

Eva Murad and Kim Moses work on the floor at Shelli's helping customers.



Doug Sovern restocks and alphabetizes records at Musicland. They bring entertainnent to life!

#### Capo Kids Pull Their Own Weight At Jobs

If it's true that 60% of the seniors and 40% of the juniors at Capo are members of the working class, then students are definitely pulling their weight in the adult world — or at least they're getting their foot in the door. The reason most cited for being employed was the need to keep up a car. In fact, 80% of juniors and seniors surveyed gave this reason. Like Emery Sivak, 15% said that they were trying to "build up a savings for college."

Although three quarters of the students surveyed said getting a job was easy, many felt that it was difficult. Wendi Falabella, a junior at CVHS, said, "All summer I was going into Stuffed Pizza, and the manager kept telling me to come back in two or three weeks and I didn't get the job until after school started."

The most common employment is in the area of sales, such as fast food restaurants, pizza places, or stores in the malls.

There is a varied opinion among teachers when asked how they felt about students who work. Some teachers feel that working is an experience that helps kids learn responsibility. Others, like English teacher Ron Willms, feel that "school should come first. You're only going to get so many years in school and then you gotta work for the next 50."

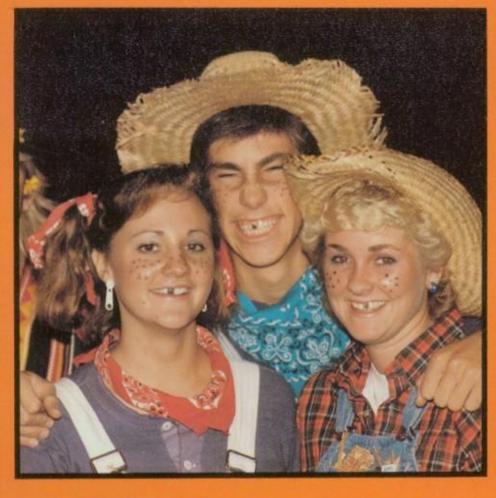
But if a student can get good grades and work a job, he's doing pretty well. It does teach a teenager good values when he earns his dollars instead of getting handouts from mom and dad. "I can buy the things that I want without having to rely on my parents," explains James Vandenbergh. Keep up the good work.



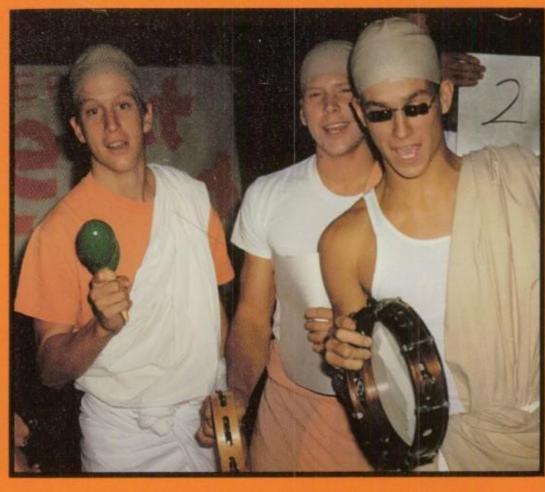
Tina Leudenburg and Craig Williams seem to enjoy working at Carl's Jr.



Nerds like Sigmund, Waldo, Melvin, Eugene and Seymore were out in droves. Waldo couldn't figure out why everyone kept telling him to sit down.

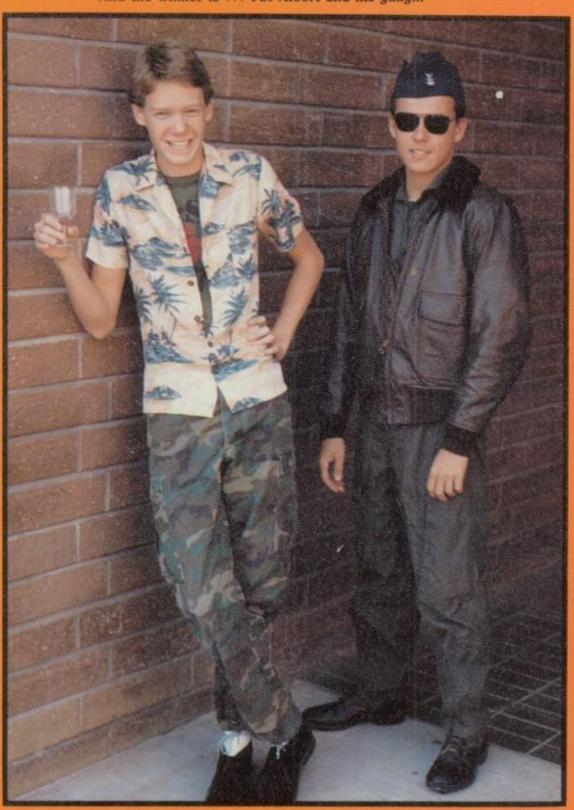


Even down-home country folk like Kristin Townsend, Randy Erickson and Staci Burgus showed up.



Steve Baker, Jeff Daniels and Dave Mazza have finally found peace as Hare' Krishnas.

And the winner is ... Fat Albert and his gang!!!



Straight man Bob Sivak chews out Brian Haig for being out of uniform.

#### We Passed the Test On Halloween Fun!

Halloween is a day designed to relieve the monotony of everyday schoolwork. Traditionally Capo students make the most of the holiday and let their creativity run wild. One could mimic the mimes, laugh at the nerds, chuckle with the clowns and joke around with Capt. Hawkeye Pierce from M\*A\*S\*H.

We were free for one day to be someone else without feeling strange or out of place. Some of the "straight" kids experimented with punk hairdos and clothes with studs and spikes. Others were transformed back to their younger years as children with pigtails, freckles and rag dolls. A few of us traveled back in time to the nineteenth century with extravagant lace gowns or Huck Finn straw hats.

At lunch over 100 costumes were judged by peers. The winners (Fat Albert and his gang) were chosen because they received the most applause. One thing is for sure the competition was definitely stiff this year.

The sharp variety of fabulous and artistic, clever and imaginative, ad-lib and unique costumes just proves that Capistrano Valley High School kids are supremely spirited and creative.



There was definitely no shortage of Indiana Jones' this year as Rich Finn, Troy Chollar and Dave Pietarila prove.

## Capo Boasts Highly Talented Students

If you play the piano, you know that there are many people you can play better than. But there are also many people who play better than you . . . Bach, Beethoven, Liberace, Elton John. These are the people who you set your standards by.

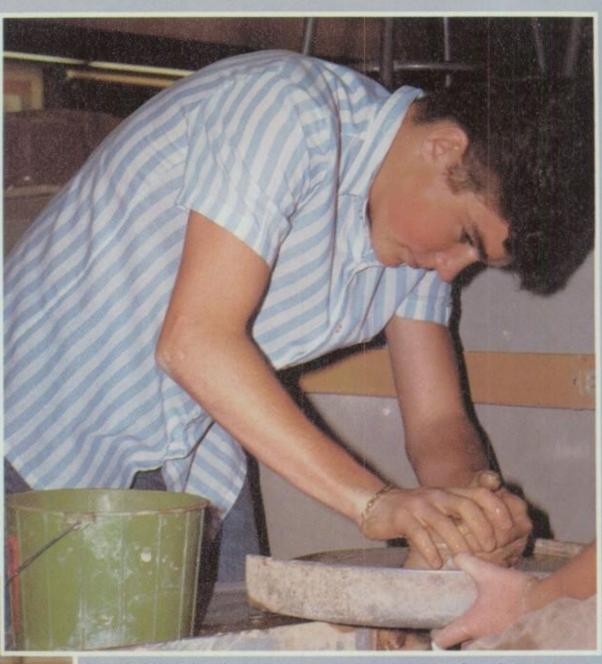
If you are getting A's in art class, you can draw better than Johnny, but Norman Rockwell draws better than you. This isn't derogatory — if there wasn't anybody who drew better than you, you wouldn't be motivated to do better.

This year, as always, Capo boasts its share of talented students. Based on a teacher poll, many of those students are featured here. They have taken their gift, added some imagination and ingenuity, then mastered it with a little finesse and style.

It's true that many talented people are born with a skill and have developed it from there. But you don't have to be born with an aptitude for painting or sewing or acting. Hard work and determination can endow you with talents you never knew you had. You can learn to bring tears to your eyes during that sad scene, or it can come naturally. Either way, you've put on a good performance. Meryl Streep would be proud of you.



Kym Kercher was "discovered" while acting in a play at the South Coast Repertory. She now stars in a TV movie called "Stoned Dead." She has done such plays as "Annie," "Wizard of Oz," "Snow White," and many others.



Dan Gallagher has been chosen to represent talented students not only because he is exceptionally skilled in ceramics, but because he is a hard worker — a devoted potter.



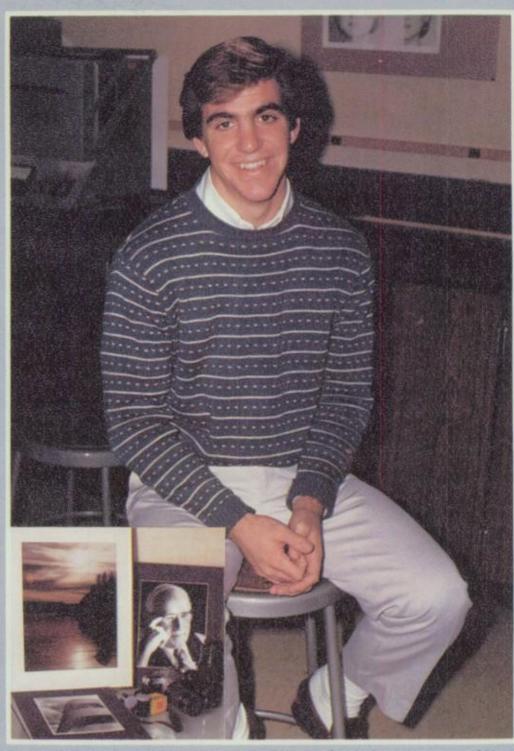
Not just anybody can be a Drum Major. You must be able to conduct and you must show leadership qualities. Steve Creber has both traits. He had been Drum Major since his junior year and was assistant Drum Major in his sophomore year.



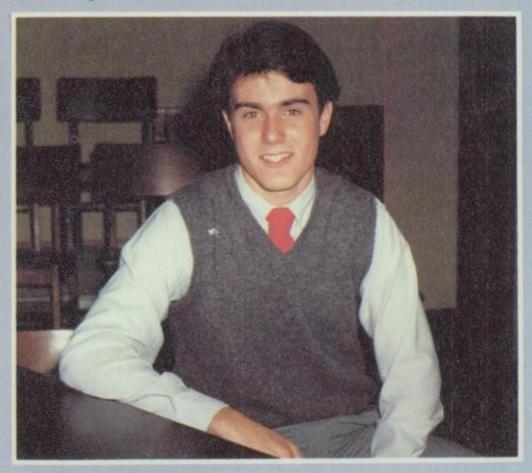
With four years of home-ec. under her belt, it's no wonder Lisa Vizcarra is such a whiz with the needle. Lisa is modeling an outfit that she made herself. She plans on a career as a designer.



Stephanie Lackerman, one of the best artists at Capo, says she began drawing after her mother showed her the basics. After that she just practiced until she became better.



Craig Owens got started in photography because his father is interested in it. Last year Craig won the Cornell Award in a CUSD photo contest. The inset shows examples of his work.



Mike Burgess has spent two years in Camerata — the best choir in Orange County. He will be reinstated next year as both a singer and a piano player.



This year the Christmas formal was held on Friday, December 21st. It gave everyone a chance to wear their best and to show off their latest catch. Here Tricia Dillon, Eddie Cadena, Mike Steinwender, Tracy Cole, Sivi Stuart, Clisby Thomas, Greg Matthews and Tracey Shreve pose with their dates.



Nikki Lloyd helps Jeff Kelley with his boutonnier.

28 christmas formal

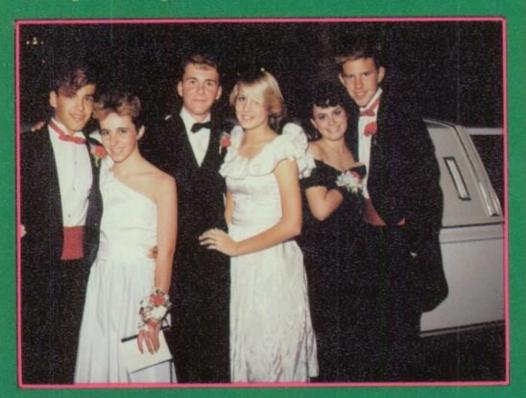


It was a time to enjoy yourself, and Susan McCullough and Paul Newlan exemplify this as they really get into the dance.



King of the formal Scot Vigil shares a special dance with the queen Missy Gabris.

Taking a break from the dance, Dave Mazza and Cathy Zaradnik spend time together cooling off with a soda.



Many students went all-out on the Christmas formal — dress, tux, flowers, and some even arrived first class in limousines.

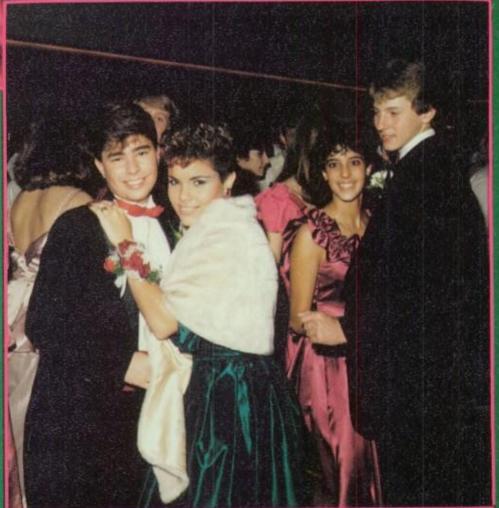
#### A Formal Night On The Town

You're the Inspiration," this year's theme for the Capistrano Valley Winter Formal, inspired winter fun for everyone. The bash was held at the Anaheim Hilton Towers Hotel on the eve of December 21, 1984. The ballroom was festively decorated with a large Christmas tree, fancy white tablecloths and miniature Christmas tree centerpieces on each table, which enlivened the holiday atmosphere.

Capistrano Valley elegance, style and flair were brought out in everyone attending with brilliant formal gowns, effervescent-looking tuxedos, and lines of hired limousines delivering happy formal-goers to the front of the hotel. Despite the long lines for formal portraits, the \$1.25 "glasses of ice" (there seemed to be more ice per glass than beverage!) and the inhibitions brought about by these bulky gowns and masochistic monkeysuits, students were able to relax and have a marvelous time, dancing to hits ranging from the erotic tunes of Prince to the surf sounds of the Beach Boys.

The evening was pleasantly highlighted by the announcement of the 1984 Winter Formal Court. Reigning this year were Queen Missy Gabris and King Scot Vigil. Also named to the Court were Junior Princess Dena DeMaggio, Junior Prince Todd Rodriguez, Sophomore Princess Susie Prutz, Sophomore Prince John Fosdick, Freshman Princess Jennifer Hoyt and Freshman Prince Chris Ashbach.

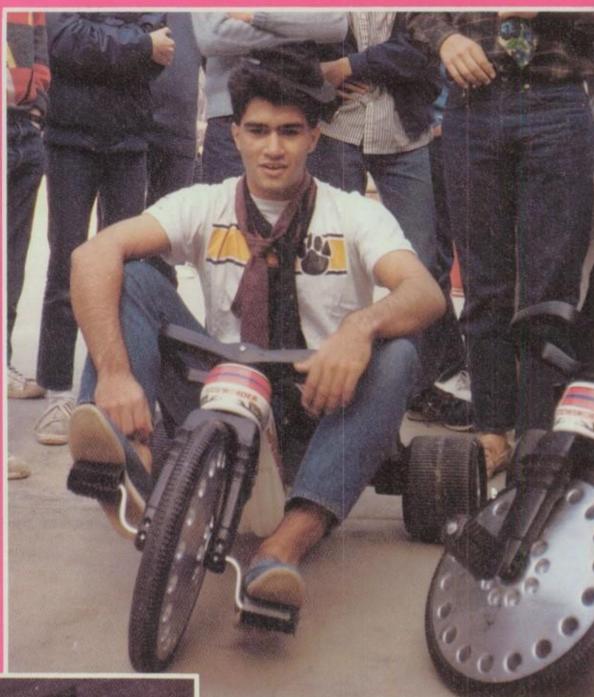
Though the Winter Formal has passed in time, its inspirational memories will linger for many winters to come.



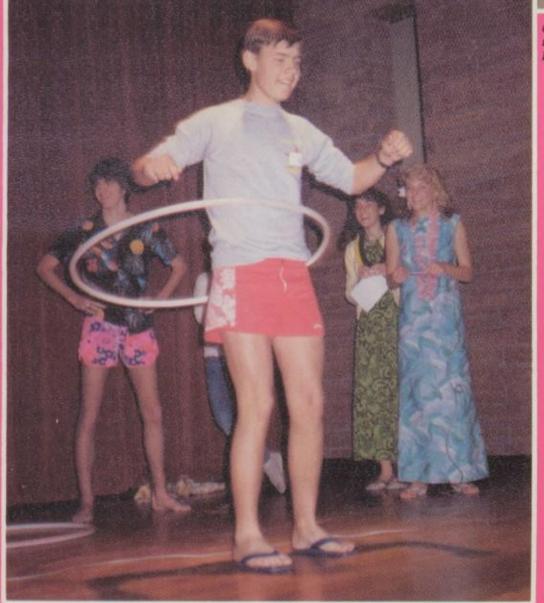
Larry Layton, Michelle Lopez, Terri Rafeedie and Jeff Markowski enjoy a dance.



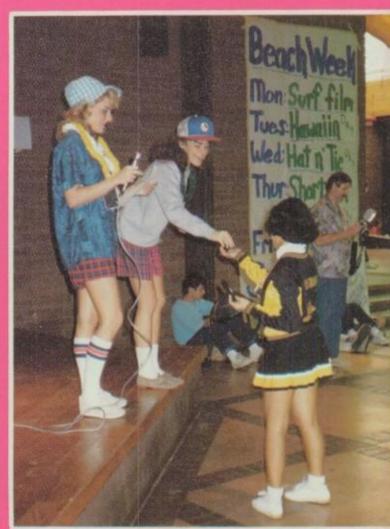
Although incapacitated, this trooper still joined in the fun on Shorts 'n' Shades Day...



On Hat 'n' Tie Day, Kuorosh Farrokh looks a little uncomfortable as he prepares to qualify in Capo's first annual Big Wheel Race.



Trebor Ryan swiveled on to win the Hula Hoop competition on Hawaiian Day.



Michelle Fosdick and Paula Hoffart reward Marie Mallannao 50 cents for her mouse ears in a rendition of "Let's Make a Deal."

# lues in smilling to the second of the second

At EP on Tourist Day, students practiced for the dance that would come later that night.

#### Life's A Beach Week

This was the week that everyone looked forward to — Beach Week! The Week started out with a surf film on Monday. The film was shown at lunch and when surfers wiped out, groans could be heard all the way downstairs.

Tuesday was Hawaiian Day, its purpose to turn our thoughts to warm Hawaii while our fingers froze in the January chill. At lunch an old fasioned hula-hoop contest was held.

Wednesday was Hat 'n' Tie Day. Anybody could get in on this by going through their father's closet for ties and hats saved from the 50's and 60's. On the walkway between the gym and F wing, Capo's first Big Wheel race was held.

Even though it was cold outside, Thursday was Shorts 'n' Shades Day. All kinds of shorts could be seen, from loggers to short shorts with matching sunglasses to complete the look.

Friday was the favorite — Tourist Day. White legs and white noses could be found everywhere as tourists snapped pictures of loved ones by such "landmarks" as the library. The Grease Rats performed a preview of the music to be found at the dance that night, and "Let's Make a Deal" was played at lunch.







Leading the pack of Grease Rats are teachers Craig Anderson, Pat Levens, and Bill Hoffman. At the beach dance the Grease Rats performed their own style of 50's and 60's music.

beach week 31

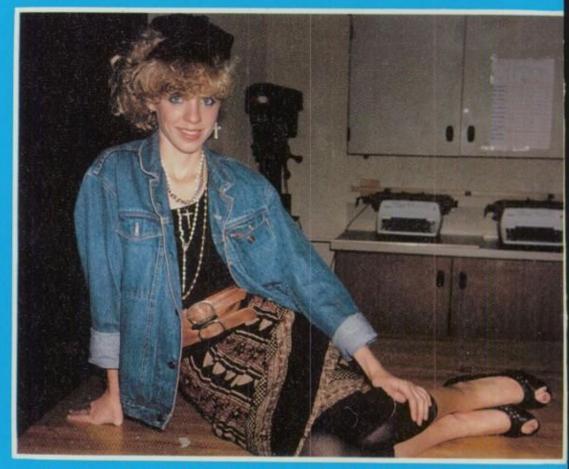
### Wild, Weird and Wacky!

From Saks Fifth Avenue to parachute pants, argyle to spikes, our incredibly wide variety of style lends a spicy air to CVHS. Because trendy and originality both are in, one could wear almost anything studs, plaid, leather or wool—and continue to be current with at least one of the fads of fashions. One of the more curious fads this year was pants with 20-odd zippers and no pockets.

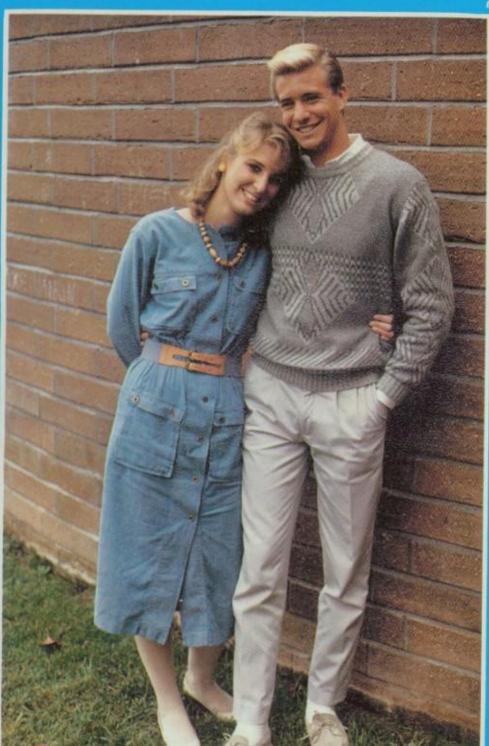
Among other things, hair styles seem to have changed since last year. In 1984-85 we saw mohawks (some in every color of the rainbow), the "rolled shelf" look of the New-ro's and Romantics, and the shaved sides/brush tops of the adventurous ones eager to be "in." There was more dye, hairspray, ribbons and hats adorning our heads than ever before.

One of the factors contributing to our up-beat style is rock videos such as the ones starring Billy Idol, Madonna, Rick Springfield Bananarama, Duran-Duran, Bruce Springsteen, Motley Crue, Van Halen and The Thompson Twins, Movies were also a big influence or our fashion sense, just as Flashdance and Star Trek were last year. Breakdancing has popularized pants that are easy to move around in as well as easy to spin and slide around in.

If anything, our cautious and not so cautious steps into the world of fashion help us to explore what we are or want to be.



Allison Garey depicts the new Madonna style which became extremely popula this year.



Modeling the trendy fashion look are Cristina Quintana and Scott Bukow.



Many different styles could be found passing through the mall area any day



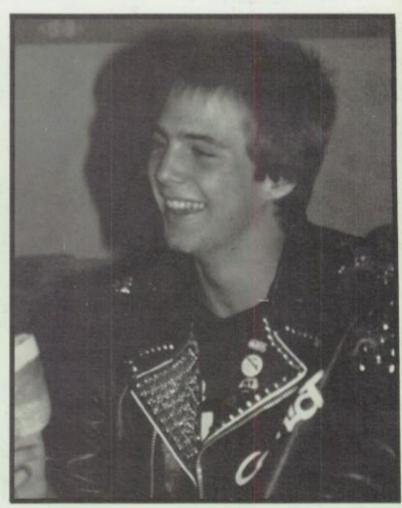
The originals — Eric Butterfield, Geoff Carter and Keri Boswell — dress



A random gathering of students shows the variety of hairstyles, clothes and shoes that make us the individuals we are.



One of the fashions that will always be with us is the preppy look, shown here by Gina deLeo and Lion Jacobs.



Mike Smith sports the punk look common at CVHS.

fashions 33

### **Videos** Movies **Beaches** 1. California Girls - David Lee Roth 1. Beverly Hills Cop 1. Pico 2. Pride (In The Name Of Love) -2. Breakfast Club 2. Trestles 3. Ghostbusters 3. Black's 3. Jazzing For Blue Jean - David 4. The Terminator 4. Salt Creek Bowie 5. Amadeus 4. Hot For Teacher - Van Halen 5. Thousand Steps 6. Killing Fields 5. I Would Die 4 U/Baby I'm A Star 7. The Falcon And The Snowman For The Nonconformist 6. A Sort Of Homecoming - U2 8. Cotton Club 7. Tenderness - General Public 9. Witness 8. Careless Whisper - Wham! 10. Dune 10. Like a Virgin - Madonna who disagrees with the aforementioned favorites or craves something **Television** Male Personality more recent, spaces are provided below. Pick your own. Movies 1. The Cosby Show 1. Eddie Murphy 2. Hill Street Blues 2. Prince 3. Cheers 3. George Michael (Wham!) 4. St. Elsewhere 4. David Lee Roth Television 5. Miami Vice 5. Sting/Ronald Reagan (tie) 6. MTV 6. Bill Cosby 7. Bono Vox (U2) 7. M\*A\*S\*H\* 8. Harrison Ford 8. Magnum, P.I. 9. Sean Penn Albums 9. Inspector Gadget 10. Timothy Hutton 10. Family Ties **Female Personality Albums** Songs 1. Purple Rain - Prince and the 1. Joan Rivers Revolution 2. Christie Brinkley Videos 2. The Unforgettable Fire - U2 3. Meryl Streep 3. All The Rage — General Public 4. 1984 — Van Halen 4. Heather Thomas 5. Madonna 5. Like a Virgin - Madonna 6. Margaret Thatcher 6. Welcome to the Pleasuredome -7. Lita Ford Male Personality Frankie Goes To Hollywood 8. Molly Ringwald 7. Chicago 17 - Chicago

- 8. Reckless Bryan Adams
- 9. Make It Big Wham!
- 10. Private Dancer Tina Turner
- 9. Nancy Reagan
- 10. Apollonia

### Songs

- 1. Pride (In The Name Of Love) -
- 2. Let's Go Crazy Prince and the Revolution
- 3. Tenderness General Public
- 4. Like a Virgin Madonna
- 5. You're the Inspiration Chicago
- 6. Master and Servant Depeche
- 7. Careless Whisper Wham!
- 8. Erotic City Prince and the Revolution
- The Glamorous Life Sheila E.
- 10. Somebody Bryan Adams

## Radio

- 1. KKHR
- 2. KROQ
- 3. KMET
- 4. KLOS
- 5. KNAC

### Eats

- 1. Carl's Jr.
- 2. In 'n Out
- 3. Fuddruckers

# Female Personality Radio Eats

Beaches



BEVERLY HILLS



Favorites 84.85

**Tina Turner** 



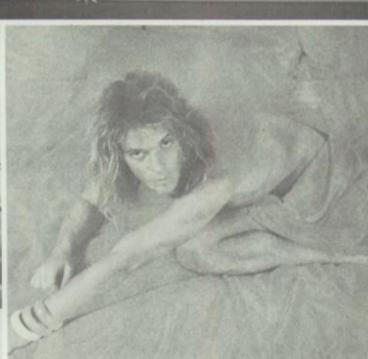
**Prince** 



Madonna



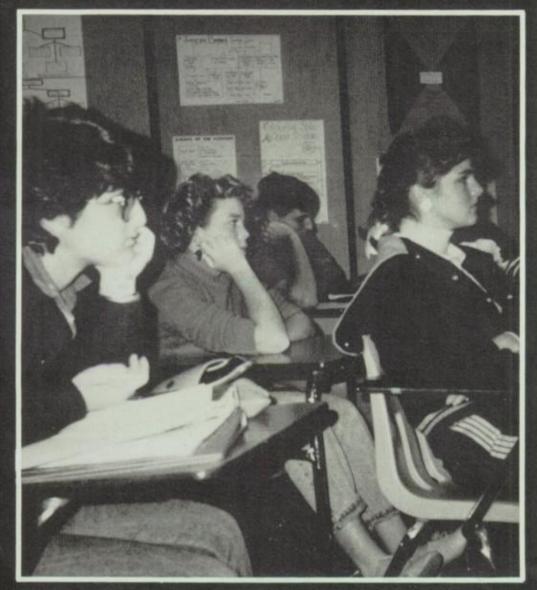




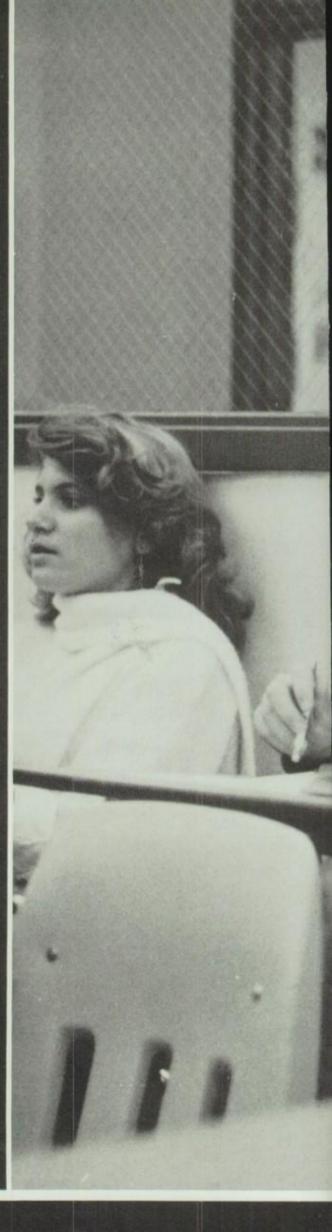




Cindy Sawyer gets acquainted with her dissection subject in her Anatomy class.



Students in government class concentrate on a film depicting African hunger.







Teacher Howard Cott demonstrates correct procedure in test taking to his class.

### Students Achieve Pride Through Learning

\*Reading, writing, and arithmetic" so goes the nursery rhyme, but nowadays you must add foreign language, history, science, and scores of others that are needed to survive in todays world. Capo has proved its superiority in academics through state and federal testing programs, consistently finding itself ranked above other schools.

When speaking of Capo's excellent academic programs, one must give credit to the highly dedicated and talented staff which gives whole heartedly to their students whenever called upon.

Because of these talented educators, graduating seniors have an excellent chance to succeed in college and/or careers after graduating. These seniors who go on to college study in fields such as journalism, political science, engineering, psychology, and drama. Whatever students do after high school, you can bet that because of Capo's influence, they'll do it right!

Chris Mallonee gives the lecture in freshman English class his undivided attention.

academic offerings

## **Arts And Music**

Capo's arts and music departments continued in their tradition of nurturing fine new talent. This year's art department can be proud of the new artisans and the immense ability it has instilled in them. From drawing and painting, upside down drawing and cartoon blowups, to ceramics' evolution of the art of pottery, Capo's art department always provides its students with upbeat and enjoyable projects. These classes provide the student with a chance to express himself in a way he may not otherwise have an opportunity to.

The music department again presented us with a very enjoyable year. We'll never forget the marching band's numerous halftime shows or their inspiring rally cries during the games. Another sight that will stick with us forever was Camerata's unforgettable performance during the Homecoming halftime show. Their renditions of "Johnny B. Good" and "God Bless America" were really in touch with the spirit of the occasion.

For the artistically and musically inclined, CVHS art and music departments provide the solid foundations for growing careers.



Kristine Hall rinses her hands after working with clay in ceramics.



Here at CV the guys often lose at musical chairs when Camerata sings.



Ceramics instructor Jay Sponagle puts the finishing touches on a masterpiece.



Marching Band offers fine students like Eddie Cathey a chance to enhance his musical ability, as well as time to enjoy the great outdoors.

## **Science And Math**

Science is the study of the ever-changing physical aspects of our world. All Capo students receive some general science background and many choose to continue their studies with classes like chemistry, physics and A.P. Biology.

Others can enroll in Anatomy/Physiology, Marine Ecology or Horticulture. Our Marine Ecology classes regularly visit the Dana Point tide pools and have gone on whale-watching excursions, while horticulture students plant and maintain their own gardens year after year.

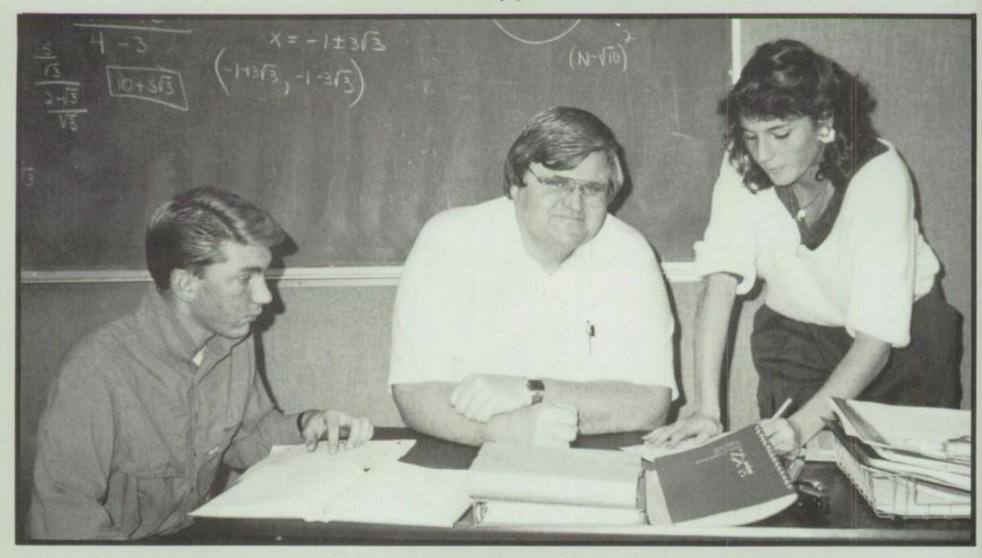
Math is a skill we will always need, whether to balance a checkbook, count money or even figure out the gas mileage of our cars. The math program at Capo is exceptional, with an outstanding faculty, many of whom also teach courses at Saddleback College.

Students are required to enroll in algebra and geometry classes, and may continue in advanced classes such as Calculus and Math Analysis. With computer skills becoming a required graduation prerequisite, we increased our bank of computers and related classes this year to meet the ever-increasing needs of the "computer generation."

With figures, computers and calculations becoming more important every day, Capo's math department continues its tradition of providing its students with a solid foundation for the future.



These physics students learn about the concept of gravity.



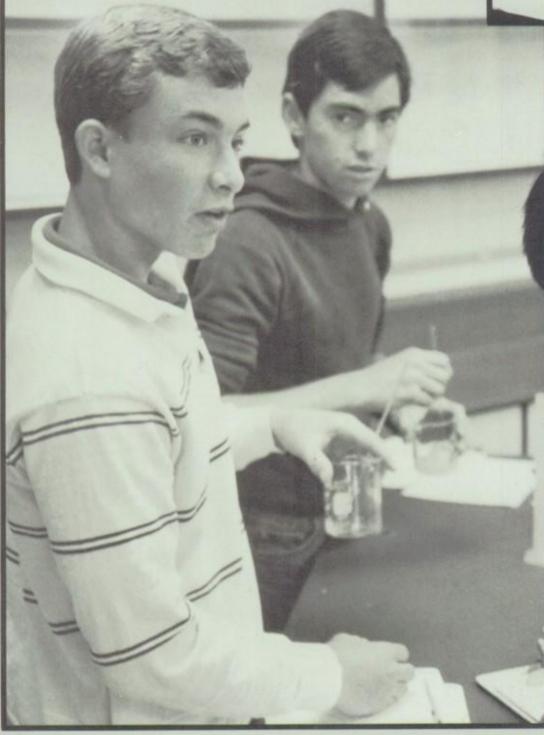
Teacher Pete Wilt, with his all-knowing expression, counsels Mike Johnson and Karen Nance in their math skills.



Bill Lundin and Bruce Cooper carefully eye an unknown substance in Carl Babb's chemistry class.



As teacher Habib Mohit explains some of the finer points of Math Analysis, Evan Tassistro daydreams about the finer points of summer!



Steve Wienker and Dan Johnsonbaugh seem perplexed over the results of their latest chemistry experiment.



Senior Rob Aberle probes the inner workings of his rabbit in Anatomy/Physiology.

## **Practical Arts And Home Economics**

Capistrano Valley is known for its excellent academic program and high rate of graduates who go on to college. Boasting a variety of Advanced Placement classes and many graduates who maintain a 4.0 average, Capo is truly a model of excellence in education.

However, not all students aspire to high academic achievement. Some plan to go straight to work after graduation, and others may plan careers in more technical-oriented jobs, which may not require a college degree. As our goal is to provide a well-rounded education for everyone, Capo offers its share of practical arts and home economics classes to help fulfill the needs of all its students.

Special to this school is the child development class, where pre-school kids are taught by the high school students. Students learn a diversity of skills, including understanding children, parenthood and child care, and gain experience useful should they plan child-care oriented careers.

A variety of classes teach students abilities useful in the "real" world, such as typing, drafting, consumer education, auto shop, sewing and photography.

Also offered is an excellent journalism program. PAW PRINTS, the school's newspaper, covered many important topics this year.

Overall, we like to think our school prepares us for all aspects of life, and practical arts/home economics offerings are a small, but important part of the spectrum.



Theresa Kingston and Kris Beck get acquainted with Jock Zallar as they learn newborn care in child development.



Teacher Jay McIlwee and photography students display a prized photo.



Natalie Wooldridge finishes a Paw Prints story while David Bailey points out her mistakes.



Learning the practical, Tricia Luther types away at the latest exercise given to the class.



Classes in drafting provide experience for possible future architects like Bill Kenneday.



During "baby day" in child development students were introduced to several faculty members' latest additions. Here Connie Hill comforts Alexis Veeh.

After registering for the new year, Linda asked her friend, Pam, how her classes turned out. Pam made a face and said, "I have Pflueger for CWP, Victor for English, and German III, and those are just my first three classes!" Many students are chagrined by their sometimes difficult schedules, not realizing the benefits such classes will bring them later in life.

Many seniors become more informed after taking the required CWP and American Government classes. Capo offers a variety of AP History courses including AP U.S. History, AP Art History, and AP European History. Special to this school is a junior class called American Cultures, which combines U.S. History and Advanced Composition and is a two-period class. The class studies the different periods of American History and how events affected the literature of that time.

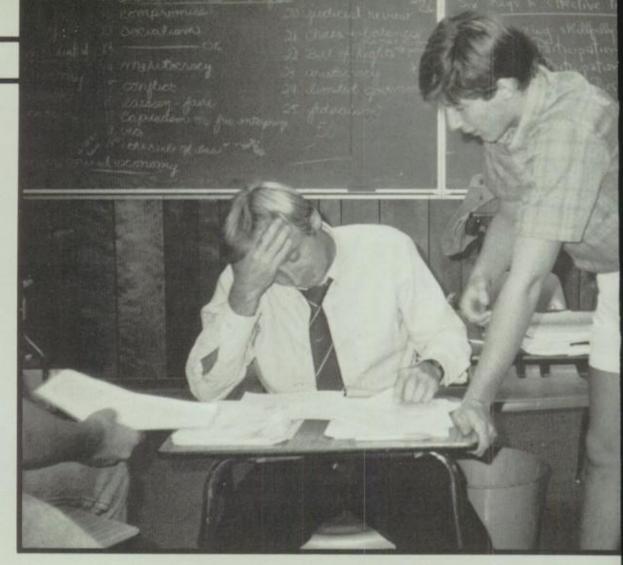
English is the universal language, and is taught here in a variety of ways. Aside from the traditional English offerings, AP English has proven to be a popular class with AP Seminar and AP Composition both offered. Many different literature classes are offered, including World Lit., English Lit., and American Lit.

Showing students the culture of a different country has proven to be useful in teaching foreign language. Capo's foreign language teachers strive to make their classes as enjoyable and informative as possible, through tastes of authentic foreign food, listening to traditional folk songs as well as speaking the foreign language at all times in conversation classes.

Although the classes are hard, most students rise to the challenge as they work toward graduation, college and their lives in the working world.



Arianna Raiola informs other students about the famine in Ethiopia during Hunger Awareness Week.



Coach White assists Eric Haller with a problem in American Government.



Proud of her Oktoberfest class activity, German teacher Beth Gibb displays links of authentic bratwurst.

## English, Foreign Language, And Social Studies



Gina Jones and Karen Hitzfield prepare a gourmet delight during a "how to" presentation in foreign language class.



Jenny Fields gets deeply engrossed with her latest English assignment, "Too Good to be True."





### 1984/85: The Years In Review

 A plan for missle-destroying satellites, called the "Star Wars" system, was debated by scientists and politicans alike. It was described by the Soviets as giving the United States an unfair advantage.

The reign of the first black "Miss America," Vanessa Williams, was quite dignified until sexually explicit photos of her, taken before her crowning, were printed in Penthouse magazine. She was

forced to resign.

 The 1984 summer Olympic Games, held in Los Angeles, were an overwhelming victory for the United States, which won most of the events. The Olympics were boycotted by the Soviet Union and most of the Eastern Bloc.

At Capo, the C.V. Wave was instilled at football games, bringing countless fans

to their feet in cheer.

 History was made as a woman, Geraldine Ferraro, was named by Walter Mondale as the Democratic Vice-presidential nominee.

Mickey Mouse took up a picket sign as Disneyland's employees went on strike

for higher wages.

 Although it was a smash, the Jackson's "Victory" tour was plagued with financial and management problems.

 After countless months in court, auto mogul John DeLorean was acquitted of the drug charges against him. Likening himself to the biblical Job, he ran ads in major newspapers, asking help to pay his legal fees.

 "The White House II," starring Ronald "Jelly Belly" Reagan. Sweeping the presidential elections, Reagan began another four-year term this year.

 The King may be dead but his spirit is remembered as this year marked Elvis

Presley's fiftieth birthday.

 Despite doctor's efforts and national support, Baby Fae, an infant given the heart of an ape in hopes of survival, died in her hospital room this year.

 National pride and spirit were sparked up as hundreds of U.S. workers set out on a beautification project for our Statue of Liberty.

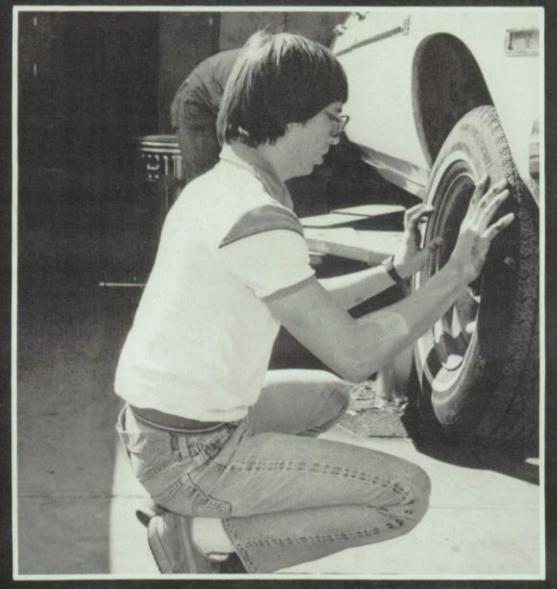
13. The McMartin Preschool molestation case was a big issue in the news this

year.

- 14. Global pride and humanitariansim were exhibited this year as people from all over the world began an attempt to resolve world hunger. Much of the aid was centralized in Ethiopia. Major contributers were singers and songwriters from Europe and the United States with Band-Aid and U.S.A. for Africa.
- 15. Well, that's basically the year in review. Just remember, no matter what happens, in the world, "Wherever you go there you are!"



Larry Layton poses with the gigantic pile of cans that CSF, Key Club, and Speech and Debate collected for "Hunger Awareness Week" to benefit local charities and increase awareness of world hunger.



David Mooney replaces a tire in ROP at the high school auto shop.







Concentration shows on the faces of Jon DeVoss, Bob Jones, Tim Reed, and Roy Jeong at a Drum Corp practice.

## Club Soda

Clubs and organizations are an integral part of high school, and Capo is no exception. The wide range of clubs here at Capistrano Valley accommodates an array of interests from science and academics to performing arts and weight lifting. This year two new clubs have been introduced to Capo's campus, the French Club and the Computer Club, an organization formed in response to the increasing interest in our computer science program. Some of Capo's clubs and organizations have really taken it to the limit this year, with Marine Ecology's whale watching trip, the Explorer Scout Ski Club visits to many of the West's best ski resorts, and the Paw Prints newspaper showering us with an outstanding number of issues. Clubs and organizations fill the void that is left after the required curriculum is completed, offering new opportunities, both social and scholastic, for interested students.

All athletic supporters are members of the Pep Club, regardless of official enrollment.

## clubs and organizations

## Shutterbugs

Photography is a popular hobby among Capo students, and anyone signed up for a photo class is automatically a member of the Shutterbug Club. Students learn that basics of camera function and how to make their own black and white prints, as well as many types of manipulations to create special effects. The club's major activity is a field trip to the San Deigo Zoo every spring, where students photograph animals and their friends as a record of their outing as well as getting to enjoy a day off school! The Shutterbug members include, front: Vince Krager, Ben Fishman, Linc Davis, Greg Doms, T.C. Rudolph, Mike Beckman, Craig Owens. Middle Row: Dan Crane, Matt Selznick, Dal-Ion Smith, Erik Harris, Brian Linn, Vicki Roth, Robert Hammond, Jeff Daniels, David Donner, Daniel Bell. Top row: Advisor Jay McIlwee, Karen Eastwood, Nicole DelPrato, Tiffany Vaughan, Ricardo Linares, Jennifer Robb, Jim Ackerman, Rick Crawford, Michelle Wilner, Danny Duguay, Heather Gross, Stephanie Will, David Carney and Erin Ayanian. Not pictured: Grant Winslow, Geoff Maleman, Jeff Markowski, and Dave Reinhart.

## Explorer Scout Snow Bunnies

The Explorer Scout Ski Club at Capistrano Valley High School provides an opportunity for the "ski bums" among us to gather and go on ski trips all over the western United States. This year's trips included a trip to Mammoth, local skiing and sojourns to Utah, and Colorado. The ski club includes front: Jamie MacDonald, Walt Maciborski, Jason Toney, Dan Daley, Tracey Moncrief, Wendie Wachal. Sitting: Advisor Bob Nealy, Tiffany Vaughan, Neal Shaver, Nicole DelPrato, Missy Gabris, Heather Burns, Jaye La-Fontaine, Tina Eichmuller, Gay Heinaman, Julie Naughton, Advisor Jay McIlwee. Top: Regina Landa, Lesley Fredericks, Richard Johnson, Scott Stifter, David Donner, Jeff Daniels, Kuorosh Farrokh.





Surrounded by sleeping bags and flaked-out Ski Club Members, advisor Bob Nealy relaxes in the condo after a day of skiing on the slopes of Mammoth.



Tiffany Vaughan puts the finishing touches to her coif as the club gets ready for a day of skiing at Mammoth mountain.





# Throwing Their Weight Around

Weightlifters here at Capo train year-round to promote strength and flexibility. Their annual weight lifting championships bring schools from three different counties together for true competition among high school athletes in the spring of each year. Front: Todd Montgomery, David Pritts, Kip Monson, Dan Daley, David Bamford, Juan Jimenez. Top: Kristina Ibarra, Kai Polzien, Chris Baker, Brian Blutreich, Dwayne Hollo, Allen Baker, and Juaquin Alejo with coach Dave Elecciri.

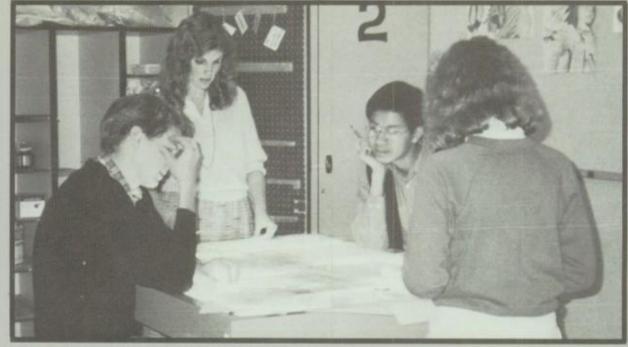


## Just Puttering Around

The Croquet Club has become a permanent fixture here at Capistrano Valley High School. Under the skilled guidance of Lord John Gipe, the club has set up a croquet pavillion and had matches. It is truly a royal sport, and access to it is limited to an elite group — seniors who have a 3.0 grade average and have received a letter. The purpose of the club is just as royal — to help the United Way. Front: Walt Maciborski, Lord John Gipe, Derek Erbe. Top: Neal Shaver, Mike DeNicola, and Scot Vigil.

## All The News Is Fit For "Prints"

Capo Valley's award-winning newspaper, PAW PRINTS, had another banner year due to a fantastically spirited staff and the skilled leadership of co-editors Brian Haig and Julie Simpson. The paper was the direct result of hours of careful labor, and issues came out with lightning frequency, packed with entertainment, editorials, and searing political stories. Pictured front row: Geoff Carter (Feature Editor), Brian Haig and Julie Simpson (Co-Editors), Edward Poon (Copy Editor), Barbie Miller (Business Manager). Top: Missy Gabris, Mary Boyd, David Bailey, Matt Selznick (Assistant Features), Natalie Wooldridge, Robert Sivak, Gina deLeo, Tami Daniels, and advisor Karen Winn. Not pictured: Julie McCaughey, Geoff Maleman.



Brian Haig, Julie Simpson, Edward Poon and Advisor Karen Winn busily paste up the pages of the Paw Prints in order to meet the deadline.



## **Spotlighted**

For the third straight year, a Capo Valley team has appeared on the cable television's "High School Spotlight," a news program on local Channel 8 featuring the news of Capo Valley and other area high schools. It's easy to have all kinds of gather news, drive all the way to Laguna Niguel to the studio, and wait paitently in a cramped studio to broadcast it. Front, left to right: Robert Ryan, Kym Kercher, and Mike Burgess. Top: Advisor Pat Levens, Lion Jacobs, Natalie Wooldridge, and Eric Haller.

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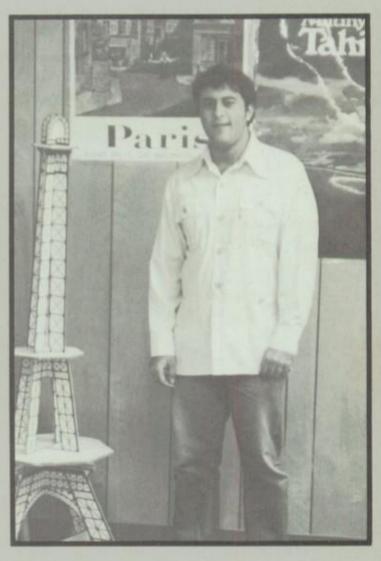


## "The Verdict"

Under the direction of John Maitino, the members of the Mock Trial team participated in three competitions this year. The competitions consist of re-creations of actual trials, with students acting the parts of witnesses as well as prosecuting and defending attornies. The competitions are held at Santa Ana court house, and the team competes against other high school teams. Through many long afternoon practices, the members developed an awareness about the operation of the judicial system. Members of Mock Trial include left to right front row: Robin Schmidt, Tracy Cole, Eva Rodriguez, Nelly Talebi, Dionne McNeff, Roshan Shenasi, Hotosa Ebrahimzadeh. Top: Eric Haines, Sam Eidt, Shay Moftakhar, Bob Sivak, Edward Poon, Walter Maciborski, Mike Lacorazza, Chuck Desmarais, and advisor John Maitino.

## Tres Magnifique!

Capo Valley has a new club on campus this year, the French Club, and it has proven to be a success among French students. The club has sponsored a Christmas dinner, a French language contest and monthly luncheons featuring various kinds of French food. The club's advisor, M.C. Henderson, has sought to promote the language and its culture through this club, and has succeeded in doing so. The members include front row: Stacey Rice, Christen Bartelt, Kristy Mulhaupt, Prema Vora, Raju Shah. Second row: Advisor M.C. Henderson, Pam Benn, Terrie Rafeedie, Caroline Nguyen, Nelly Talebi, Hotosa Ebrahimzadeh, Edward Poon. Third row: Antonella Muce, Leila Najm, Laura Messina, Erica Himmel, Tracey Gersten. Top: David Wagner, Jay Joyce, Sean Razee, Thuan Vo. Not pictured: Becky Niblo, Stefania Raiola, Kim Lau, Gay Heinaman.



French student Shay Moftakhar proudly stands next to a model of the Eiffel Tower.

## Academic Athletes

Decathlon a word usually associated with sports is used in this case for an academic competition. Members competed for honors in six written tests, a speech, an essay, an interview, and "the super quiz." This year's team finished in sixth place and won the "super quiz" competition. Ron Sprouse, Robert Ryan, and Edward Poon all received individual awards. Front: Geoff Maleman, Flavio Carrillo, Dave Wagner, Robert Ryan, and Ron Sprouse. Top: Advisor Pat Levens, Erica Himmel, Donna Chmielewski, Bruce Battoe, and Edward Poon. Not pictured: Chuck Desmarais.



## **Brilliant Bowlers**

The Kiwanis Bowl team, chosen by Coach Pat Levens in December after tryouts, participates in academic competitions that utilize the players' knowledge of trivia, history, and current events, as well as speed to answer questions. Front: Donna Chmielewski, David Argentar, Edward Poon, and Tammy Burch. Top: Geoff Maleman, Robert Morgan, Sam Eidt, Robert Ryan, Ron Sprouse, and Coach Pat Levens.



On one of their college field trips, CSF congregates at Tommy Trojan to wait for their tour of USC.

### An Excell-ent Club

CSF was created to recognize excellent students. Among the activities they held this year were college field trips, the Battle of the Brains, the Talent Show, and an annual trip to Disneyland. Members pictured below are, front: Mary Boyd, BJ Choi, Donna Chmielewski, Lori Dellota, Kim McCarty, Leah Teichner, Andrea Chen, Lulu Sim. Middle: Erica Himmel, Steve Thomas, Sherry Kraus, Ed Poon, Eva Ihle, Diane Lohman, Linda Treptow, Kristi Burgus, Rajeev Khamamkar, Philip Maitino. Top: Advisor Betsy Mueller, Amy Beierschmitt, Vanessa Riegling, Eric Hannah, Amanda Yoha, Steve Taylor, Randy Erickson, Tina Eichmuller, Mike Burgess, Wendie Wachal, Julie Simpson, Dale Jackson, Chelsea Favrhow, and Advisor Bill Hoffman



Eva Ihle and Becca Wahlquist sell a flowergram to Nelli Talebi at Christmas time.



## People Of Purpose

The Peer Assistance League (PAL) is a group of students trained in counseling skills. The group visited various high schools, jr. high schools, and elementary schools during the year. The group deals with problems ranging from chemical abuse, family troubles, school troubles, and much more. A truly commendable group of students. The CARE team (Chemical Awareness & Responsibility in Education) is a group of teachers involved in a program to intervene and hopefully prevent the abuse of chemicals in students. Members are front: Tracey Gersten, Stacy Patterson, Char Davis, Stacey Gruenewald, Eva Ihle, Wendi Goldstein, Eddie Klassen, Natalie Croy. Top: Amanda Yoha, Advisor Karen Peterson, Marie Mallannao, Ed Poon, Nelli Talebi, Larry Layton, Elise Autenrieb, and Sara Bird, Advisor Jan Pluemacher. Not pictured, Dave Reinhart.





On one Marine Ecology field trip, Bruce Orcutt and Jeff Werkmeister keep an eye out for whales.



Kris Peterson and Pam Pressley admire seals that are sunning themselves on a dinghy.

## Join The Marines

The Marine Ecology club allows students to gain an appreciation of the marine environment through field trips, such as trips to the intertidal marine preserve at Dana Point, to Sea World, and whale watching. Front: Suzanne Paquin, Laura McGarry, Monasue Eagle, Kris Bosemer, Jennifer Neville, Sherri Bell, Lynn Jordan, Kim Dipsiner, Jennifer Wolynetz, Carolyn Trotta, Stephanie Southworth, Denise Miller, Paul Filipowicz, Steve Saporito. Second row: Rob Senior, Mike Maynard, Lion Jacobs, Bruce Orcutt, Leah Teichner, Bryan Brown, Grant Winslow, Mike Stetter, Lara Pearsall, Kirsten Hare, Patti Orozco. Top: Tim Copeman, Yannick Sovronec, Eric Waln, Ken Cooper, Jeff Werkmeister, advisor Brian Manning, Mike Benton, and Julio Peralta.





## **Key To Success**

Probably the most community-oriented club on campus is the Key Club. This year the international theme was "Man Hours for Mankind." In keeping with this, Key Club performed services for charity organizations such as collecting toys for orphans and playing a major role in "Hunger Awareness Week" by collecting cans and donations. Key Club is sponsored by the Kiwanis Club in the community. Each month Key Club members eat breakfast with Kiwanis members at the local Holiday Inn. Members are front: Sean Razee, Alayne Fisher, Lisa Cobb, Brad Vaughan. Top: Brian Fulfrost, Eric Haller, Nelli Talebi, Larry Layton, Lion Jacobs, Amy Beierschmitt, Shay Moftakhar and advisor Ken Sayles.



These cans of food are just a sampling of the collection that Key Club collected for the hungry.



## A Career In Modeling

Nations is to give students a better knowledge of this crazy world by putting them in the position of UN delegates. Not only do they learn diplomacy, but they challenge other schools, which they did in a conference at the University of California at San Diego this year. The UN members are, front: Brian Fulfrost, David Kopf, Kirsten Chong, and Shay Moftakhar. Top: Steve Williams, Scott Rose, David Argentar, Bob Sivak, Ed Poon, Janet Kim, Stefania Raiola, Jill Stafford, and advisor Debbie Burdyshaw. Not pictured: advisor Paul Pflueger.

## Associated Student Bodies

The Associated Student Body (ASB) is a group of talented, caring individuals who put themselves before the school in many areas. These students campaign tooth and nail for their peer's votes. The ASB tries their best, but some students still may not give them the recognition they deserve. The ASB sponsors many events during the year including Beach Week, Spirit Week and their biggest production, Homecoming. The members are, left to right, front: Staci Burgus, Alex Lonne, Dena DeMaggio, President Kristen Townsend, Chris Muradian, Paula Hoffart, Missy Gabris. Middle: Chris Ashbach, Ed Poon, Rich Finn, Jeff Zaret, Eric Lucy, Jaye LaFontaine. Top: Activities Secretary Wilma Johnson, Eva Rodriguez, Cindy Sawyer, Mike Denicola, Michelle Fosdick, Kim McCarty, and Director of Student Activities Pat Levens.



"These valley girls are like, awesome fur shure." Missy Gabris and Jaye LaFontaine (publicity commissioners) helped promote Cougar enthusiasm as they dressed the part for a pep rally.





## Everything's Coming Up What?

Pride is not an exclusive of Capo Valley. Many students have tremendous pride in their community, enough to donate their time to making Mission Viejo's entry in the 1985 Tournament of Roses parade the handsomest ever. Each flower on the float had to be glued on by hand, and our students rose (ha, ha) to the occasion admirably, even though, as one girl put it, "the glue made you so ill ." Here are the students who stuck it out. Front: Shawna Fitt, Scott E. Lite, Michelle Maleman, Riki Rebel, Haylee Kornbloom, Krista McMorran, Leslie Watson, Marcie Rodriguez, and Wendy Colonnese. Second Row: Eric Fields, Greg Hinton, Doug Dickson, Muna Najm, Rachel Ramsey, Debby Mc-Clellan, Elise Autenrieb, Sara Bird, Jean Chang, Gina deLeo, and Eva Rodriguez. Top: Mike Bigler, Ben Fishman, Shannon Crouch, Chris Buyvid, Mary Boyd, Eva Ihle, Jeff Zaret, Tylor, Jenny Fields, Courtney Custis, Cathy Sedgwick, and Brad Harris.



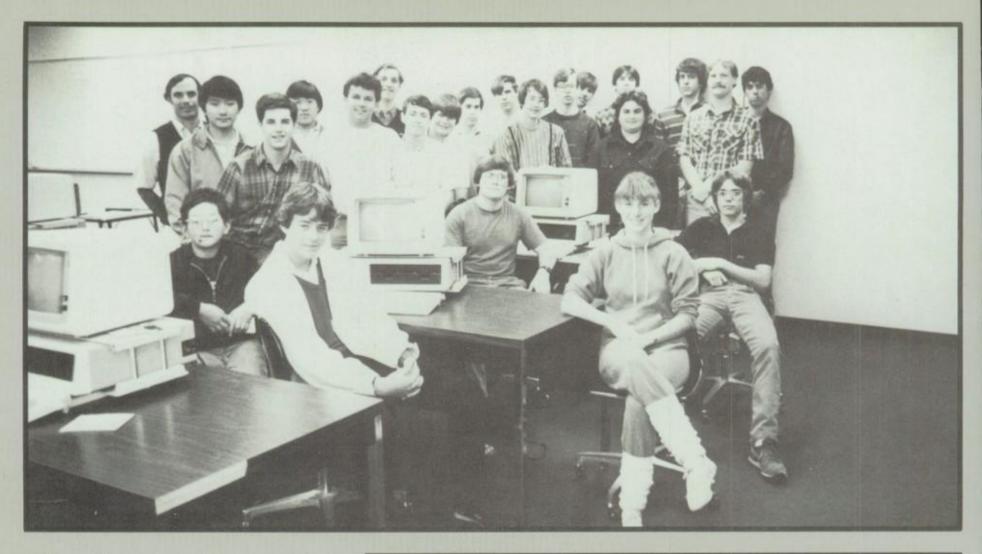
Marcie Rodriguez seems to enjoy float decorating ....



while the late hours seem to be getting to Wendy Colonnese.

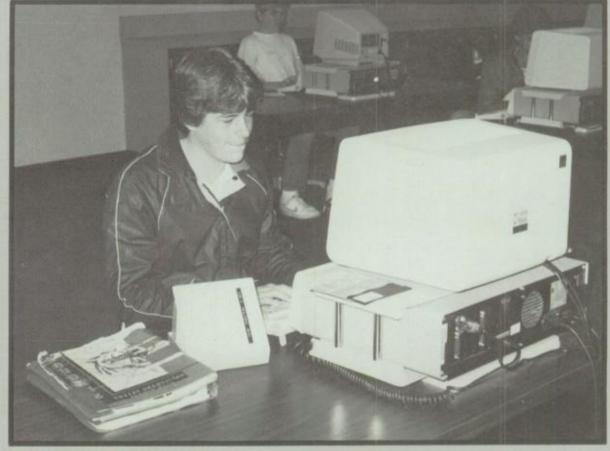


Chris Buyvid glues button mums while Shannon Crouch "pops" them.



## **Hackers** Unite!!

A new club on campus this year, the Computer Club was an outstanding success. These hackers, programmers, word processors, and even those that enjoy just playing video games, have joined together to encourage computer use and computer literacy. Users include: Sitting (left to right): Mike Firoved, John Shepler, Kelly Mohamed, Kim Bower, Eric Klein. Standing (left to right): Advisor Ray Panici, Edward Hwang, John Remmell, Bernie Dy, Raju Shah, Scott Stifter, Allen Denison, Mark Campbell, Roy Dent, Ron Naken, Bryant Burkett, Ben Fishman, Jay Joyce, Ron Kates, Lynn Gendelman, John Wilson, Bob Allen, Matt Fedele. Not shown: Scott Rose, Bill Lundin, Steve Baker, Edward Poon, Dave Wagner, Troy Chollar, David J. Wagner, Dave Reinhart, Scott Lite, and Grant Winslow.

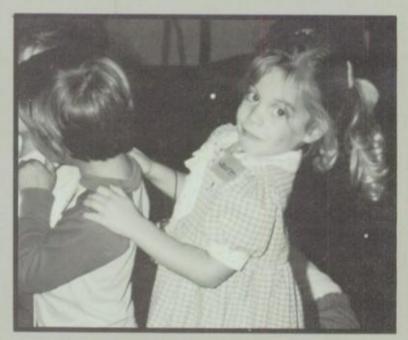


John Shepler taps out a program on his IBM computer.

Angie Priebe joins in the "hot potato" game with preschoolers.

### Capo Teenagers Are Young Super HERO's

Home Economics and Related Occupations (HERO) quite literally kid around for nine weeks each semester, within the child development classes. The club teaches 18-20 children each semester a little about life. Sitting: Julie Crandall, Shannon Kelly, Connie Hill, Debbie Buchanan, Alison Shaffer, Terri Wrightstone, Tina Tangdit, Kris Beck. Second row: Angie Priebe, Missy Gabris, Kari Zodnik, Toni Cukrov, Jeanene Fox, Jessica Jeffries, Gina Soto, Marlo Gullett, Heather Babel, Jane Knight, Melissa Rausch, Danielle Miller, Mrs. Sammons. Top: Advisor Gay Veeh, Dawn Volz, Ruby DeValut, Heather Chapulis, Libby Klein, Jim Fitzpatrick, Billie Goodrich, Joan Lemmon, Laura Peterson, Sheilin Hubbard, Tracy Sloman, Theresa Kingston, and Kim Brown. In the front, standing and sitting, are the youngsters.



Bringing up the rear, preschooler Lauren waits in line to proceed to another fun-filled activity.



## A "Sine" Of The "Times"

"Proportionally" the Mathematics Club may not be a very large club (here at Capo), but when they get together, it "adds" up to fun. Their "function" on campus, is the "multiplication" of the appreciation of mathematical concepts. This "division" of the Capistrano Valley Club "system" "figures" they are by no "means" "plane." This "set" often helps the weaker students in the "field." They are a "finite" group with great aspirations. To "sum" it up, front: Allen Denison, Nelly Talebi, Jean Chang, Geoff Maleman. Second row: Roshan Shenasi, Edward Poon, Yu-Jen Wei, Lulu Sim, Andrea Chen. Third row: Hotosa Ebrahimzadeh, Vanessa Milburn, Sierra Chen. Top row: Cecilia Chen, and Shay Moftakhar, Advisor Habib Mohit.

## America Fields Students

The American Field Service (AFS) program here at Capo Valley provides American students with a chance to study overseas and provides foreign students with a chance to come and live in our wonderful country. This year Capo Valley is fortunate enough to play home to Tina Eichmuller from Sweden and Gaby Bastias from Australia.





This years, AFS members include front: Leila Najm, Pam Benn, Tina Eichmuller, Stacey Rice, Shelly Crumpler, Amy Underwood. Top: Advisor Beth Gibb, Nelly Talebi, Gay Heinaman, Kathleen Phelan, James Joyce, Julie Naughton, Gabriela Bastias, Advisor Marie-Charlotte Henderson.



Animal Care students Daren Leon and Mario Campanile pose with "patient" Kate in the nedical classroom.

## **Adult Education**

The Regional Occupational Program (ROP) at Capo provides students with the chance to work and earn high school credits. The work experience benefits the student because he is learning to deal with people in the real world, a skill he will need to survive when he enters the world of the adult. You could say the ROP student is receiving an adult education. Students are employed as repairmen, sales people, cooks, veterinary assistants, and many other interesting fields.



CVHS students Augustine Gutierrez and Jim Lassalette are performing welding job at the CVHS auto shop.



ROP cosmetology student Susan McCullough practices at Elegant Beauty College in Mission Viejo.



ROP Food Service student Chris Davis serves Karmelkorn in Mission Viejo Mall.



## The Power Of Pep

I his is the pep club, ladies and gents, by far the most spirited organization in the free world. It's all about being spirited and supshowing pride. porting Capo's athletics The only requirement for pep club was pride, and if you did feel pride towards our school, you were a member. Look carefully. You might be in the picture too bers are front: Jennifer Sibbrel, Julie Simpson, Wendie Wachal, Kelli Donathan, Kirsten Chong, Stefania Raiola, Lori Dellota, Christa Forster, Kim McCarty, Wendy Colonnese, Lynne Spongberg, Cindy Sawyer, Julie Russell, Kristin Townsend, Randy Erickson, Chris Muradian, Cathy Sedgwick, Paula Hoffart, Leah Teichner, Jackie French, Kelly Mitchell. Second row: Jeff Zaret, Jackie Chard, Raquel Sherman, Vanessa Reigling, Patti Orozco, Kirsten Hare, Lisa Cartee, Jaye LaFontaine, Missy Gabris, Tiffany Vaughan, Heather Burns, Michelle Krause, Nicole DelPrato, Lesley Fredericks, Katy Noel, Regina Landa, Christi Avdeef, Jamie MacDonald. Third row: Chris Ashbach, Linda Treptow, Kristi Burgus, Diane Lohman, Janice Bugna, Dina Margarit, Liz Sherrer, Amy Beierschmitt, Jennifer McCarty, Mike Orlando, Raelyn Powell, Mike DeNicola, Michelle Fosdick, Brooke Peabody. Fourth row: Suzanne Fagan, Alex Lonne, Stephanie Farr, Kristi Baker, Bill Sammons, Nicki DeMaggio, Mike Chiletz, Dan Curtis, Dena DeMaggio, Ed Poon, Scott Vigil, Staci Burgus, Marshall Hudson. Top: Rich Finn, Tim Ige, Dave Curtis, Todd Beightol, Steve Tullar, Karen Debruyn, Dave Berkeley, Stuart Romine.



## Giving A Boost

The Booster Club is made up of parents who take their free time and donate it to CVHS. The Boosters serve all sports and encourage participation from all parents. Kneeling: LeRoy Curtis, Mitch Mitchell. Standing: Jean Hoenig, Karen Kuss, Sue Carpenter, Joan Tullar, Gloria DeMaggio, Trudy West, Joyce Carey, Jerry Mays, Merry Lloyd, Mary Nahas, Sue Brower. Seated: Joanne Mays, Jan Beightol, Mary Ellen Zimmerman, Cindy Clune.



### **Drill Bits**

Drill team feels proud of our school and has fun representing Capo in competitions, parades, and games. There are two offshoots of drill - the jazz and novelty teams. Pictured in drill at the top left are front: Cherie Samuelson, Michelle Travisano, Marie Mallannao, Jamie Davis, Renee Zolna, Chris Carpenter. Middle: Monet Lowder, Kelly Halloran, Lisa Runge, Debbie Strauss, Celia Calkins, Lori Garcia, Ronda Ross, Kim Brower, Christy McConnell. Back: Prema Vora, Jodi delaPena, Carey Foss, Hiroe Tanaka, Mischa Fuller, Lisa VerWayne, Christa Johansen, Kris Beck, Jennifer Gediman, Corinne Shin, and Krista Parks. In Jazz at the left are front: Chris Carpenter, Cherie Samuelson, Lisa VerWayne, Hiroe Tanaka, Mischa Fuller, Back: Michelle Travisano, Corinne Shin, Kim Brower, Celia Calkins, and Jamie Davis. In Novelty, below are Lori Garcia, Carey Foss, Krista Parks, Kris Beck, Kelly Halloran, Debbie Strauss, Lisa Runge, Renee Zolna, and Eran Tucker.







## Color Me Guard

As always, Colorguard has been one of the hardest working groups at Capo. Members put in days during the summer and continue rehearsal after school throughout the year to prepare for field shows and competitions. Pictured here are front: Heather Nietzke, Marcie Rodriguez. Second row: Wendy Davis, Sarah Derfelt, Lisa Murillo. Cassie Page, Sara Murillo. Third row: Jennifer Joeschke, Sara Bird, Tracie Bernay, Elain Smith, Darbi Trammell, Connie Hill. Top: Valerie Smith, Elise Autenrieb, Jill Stafford, Char Davis, Stacey Gruenewald, Alison Shaffer, and Kim Brown.

## Oh When The Saints Go Marching In

The Capo Valley Drum Corp is an elite section of the CVHS Marching Band. The Drum Corp performs during the fall at the football games and then competes in the spring. The members include, front: Roy Jeong, Tim Reed. Top: Bob Jones, John DeVoss, Joel Shomaker, Chris Buyvid, Nicole Glazer, and Alice Cha.

The CVHS Marching Band is responsible for the unforgettable musical entertainment during the halftime shows. The Band participates in many competitions and this year they walked away with numerous trophies and awards. Members are, first three rows, Color Guard and Drill Team. Fourth row: Tony Ferrick, Michelle Ware, Manisha Masher, Michelle Maleman, Eva Rodriquez, Shawnna Fitt, Jenny Thompson, Melanie Ware, Stacie Klobucher, Julie Leventhal, Tiffany Jennings, Stuart Beck, Rob Shetland. Fifth row: Steve Creber, Christy Sprain, Cindy Estrella, Michelle Montebello, Keith Flannery, Stephanie Rathke, Mike Kurtz, Stephanie Beck, Carla Myers, Darcy Griffin, Sandy Gembala, Joel Shomaker, Tim Sianez, Vicki Pitt, Leslie Watson, Alice Cha, Kim Shoemaker, Kim Wey, Connie Estrada, Muna Najm, Jim Wilks, John Vickery. Sixth row: Maya Sund, Ryan Pao, Rick Fields, Roy Jeong, Connie Wilson, Vanessa Mulburn, Kelly McBride, Joe Sassi, Mike Eagle, Bobby Lewis, John Klefbeck, Cathy Irving, Jenny Fields, D.L. Watson, Devon Cox, Kevin Smith, Chuck Desmarais, Kellie Abrams, Kristin Kercher, Nicole Glazer. Top: Bill Lemmon, Eddie Cathey, Lance Brown, Tim Reed, Jon DeVoss, Robert Morgan, Andy Hess, Bill Armstrong, Becca Wahlquist, Christina Buyvid, Doug Dickson, Paul Messina, Van Johnston, Brian Webber, Mike Malone, Bob Jones, Dan Walczewski, Brad Harris, Lloyd Chittenden, Darren McDaniel, and finally Roy Hollon.



Marching Band spends yet another day after school practicing.







### **Tuned In**

Concert Band is yet another subdivision of Capo's Marching Band. The Concert band performs at Spring Festivals and at graduation, besides its annual Spring Concert. Concert Band is a fine group of musicians who have a bright future. Members are, front: Tim Sianez, Stuart Beck, Eva Rodriquez, Robbie Shetland, Michelle Ware, Tony Ferrick, Sandy Gembala, Julie Leventhal, Jenny Fields. Second row: Jodi delaPena, Kevin Smith, Devon Cox, Mike Eagle, Jenny Thompson, Nicole Glazer, Alice Cha, Darbi Trammell, Joel Shomaker, David Anderson. Third row: Kim Shoemaker, Connie Wilson, Cathy Irving, Tiffany Jennings, Leslie Watson, Vicki Pitt, Stacie Klobucher, Sara Bird, Darcy Griffin, Joe Sassi. Top: Darren McDaniel, Paul Messina, Bobby Lewis, Brian Webber, Nate Larson, Eric Fields, Troy Lovejoy, and Shawna Fitt. Not pictured are Ryan Pao, Kim Wey and W. Roberts.



Taking extra time out of his schedule, Mike Malone practices his instrument.



D.L. Watson belts out a tune on his trombone.



Darren McDaniel shows off his souvenir from a band trip to Disneyland.



## Wind Ensemble

Being the district's Honor Band, Symphonic Wind Ensemble is a top quality musical group with superior ratings over the past four years. Members are, front: Stephanie Rathke, Eva Rodriguez, Mike Kurtz, Connie Estrada, Steve Creber, Connie Wilson, Vanessa Milburn, Jodi dela-Pena, Tiffany Jennings, Jill Stafford. Second row: Maya Sund, Mike Malone, Andy Hess, Lloyd Chittenden, Nicole Glazer, Michelle Montebello, Kim Shoemaker, Michelle Ware, Bob Morgan. Third row: Roy Jeong, Bill Lemmon, Bill Armstrong, Bob Jones, Danny Walczewski, Cathy Irving, D.L. Watson, Bobby Lewis, Stephanie Beck. Top: John DeVoss, Tim Reed, Becca Wahlquist, Van Johnston, Brad Harris, Eddie Cathey, and Kelly McBride. Not pictured are Ted Brown, Keith Flannery, Roy Hollon, John Klefbeck, Muna Najm, Doug Dickson, Lance Brown, and John Vickery.

## Stringing It On

String Orchestra has grown to the largest high school orchestra in Southern California. They tour many places for concerts and festivals as well as performing for the community. The Orchestra musicians include: front: Jennifer Houston, Wendi Goldstein, Liz Ramirez, Becky Boyd, Sara Murillo, Susan Meyers, Catherine Perlas. Second Row: Valerie Smith, Nicole Bradley, Amy Esau, Sarah Sahdala, Michelle Tillman, Andrea Patton, Helen Kim, Shannon Niccola. Third Row: B.J. Choi, Erika Larsson, Pam Malone, Elaine Smith, Christie Sprain, Kurt Mathews. Top: Domingo Belardes, Connie Wilson, Doug Dickson, Becca Rogers, Lisa Niccola, Kim Bradley, Tracy Bernay. Not Included are Kristen Kercher and Lara Rausch.





Band members pose with Winnie and Tigger on a trip to Disneyland.



Becca Wahlquist, Roy Jeong, Darren McDaniel, and Julie Leventhal work on homework during a break from band.

## Jazzing It Up

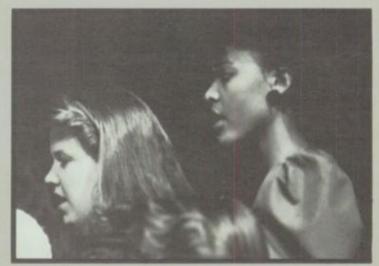
Jazz Band is a special rhythm section that plays at basketball games for school support. They played at the "Club Tropicana" for a dance and they play at festivals to be judged. Band members are front: Mike Kurtz, Andy Hess, Kim Wey, Doug Dickson, Shawna Fitt, Robbie Shetland, Bill Armstrong. Middle: Tim Reed, Darren McDaniels, Eric Fields, Lloyd Chittenden, Mike Malone, John Klefbeck, Stuart Beck, Danny Walczewski. Top: D.L. Watson, Bob Lewis, Lance Brown, Connie Wilson, Chuck Desmarais. Not pictured John Vickery.



At a Christmas formal Concert, Jenny Bonham, Dee Wright, Susie De Luca, and Suzzane Trevour join in with strong voices.

## Song And Tapestry

Tapestry, the advanced girls choir, is one of the top choirs in Southern California. They performed at festivals, concerts and at the Disneyland Candle-light Processional. Singer are, front: Stacey Lawson, Shelley Hastings, Reyth Strickland, Amy Ryan, Lisa Kettelhut, Tricia Dillon, Natalie Ray, Patti Orozco. Middle: Marcy Irving, Jenny Bonham, Raquel Sherman, Lisa La Flamme, Sivi Stuart, Suzzane Trevour. Top: Carla Myers, Marcie Rodriguez, Melissa Magney, Tracey Shreve, Heather Nietzke, and Audrey Williams.



Raquel Sherman and Melissa Magney belt out a song at a concert for the public.



## Singing In The Reign

Camerata is the busiest choir group at Capo with a schedule of twenty-five concerts throughout the year, including several performances at the Ritz Carlton Hotel and at the Disneyland Carnation Plaza. The elite members of this prestigious club are front: Ron Sprouse, Shelly McMillen, Lori Dellota, Randy Erickson, Michele Tayler, Christa Forster, Shannon Shoemaker, Lynn Jordon, Jackie French. Top: Michael Burgess, Mike Wahlquist, Cathy Sedgwick, Gary Hernandez, Kym Kercher, Bruce Orcutt, Chris Hall, Kim McCarty, Eric Lucy, Lori Barnes, Eric Haller, Connie Estrada, and Jon Boyd. Not Pictured are Dan Daley, Rob Aberle, Patrick Wilson, and James White.



Entertaining the EP crowd, Dan Daley, Kym Kercher, Mike Wahlquist, Bruce Orcutt, and Connie Estrada sing a Christmas carol.





At an outdoor festival, Haylee Kornbloom, Sue Moncur and Inge Rabe sing a cappella.

## The Sound Of Music

A Cappella is a choir open to all students. This year they performed the Pops Concert, the Midwinter District Concert, the Spring Concert, and they toured Northern California with Tapestry and Camerata this spring. They also performed at Disneyland. Members are front: Diana Soccorso, D.L. Watson, Eddie Cathey, Doug McLaughlin, Judy Naffziger. Top: Wendy Davis, Kristen Kercher, Kristen Mackay, Cathy Irving, Gigi Goldburg, Alison Shaffer, Cherie Samuelson, Becky Calley, Sue Remmell, Haylee Kornbloom, and Krista McMorran.



## Drama

## New Program Hits With "Out Of The Frying Pan"

For quite a while, it looked like Capo Valley would not see a major drama production. Plagued by financial problems, it seemed destined for a dramatic disaster. The Drama Club held various fundraisers, which helped to a degree. However, the program really picked up with the arrival of a new drama advisor, Roy Scaffidi. Mr. Scaffidi had years of experience: he had done production work on over 90 commercials. Soon enough, Capo's first production in over a year was in the works: "Out Of The Frying Pan," a brisk comedy by Francis Swann about three guys and three girls sharing an apartment in New York City and the inevitable confusion that ensues. The play was planned for late April and the pictures on these pages were taken at rehearsals, which there were quite a lot of. Students featured in the play were: Keith Flannery, Mark Eagle, James White, Paul Bohn, Jessica Jeffries, John Remmell, Carla Myers, Jerusha Dahm, Lisa La-Flamme, Laralee Mack, Allison Young, and a professional actor, Bill Ferber (a last-minute replacement). According to Mr. Scaffidi, next year there will be at least a production per semester. The show goes on.



Drama advisor Roy Scaffidi watches over rehearsal.



Drama Club, front: Kaire Boswell, Kerry Moore, Mike Burgess, Lisa Kettelhut, Laura Carillo. Back: Linda Generaux, Stacey Seymour, Jerusha Dahm, Mark Eagle, Eric Haller, Laura La-Flamme, Stacy Wacker.



Allison Young catches some winks before rehearsal.



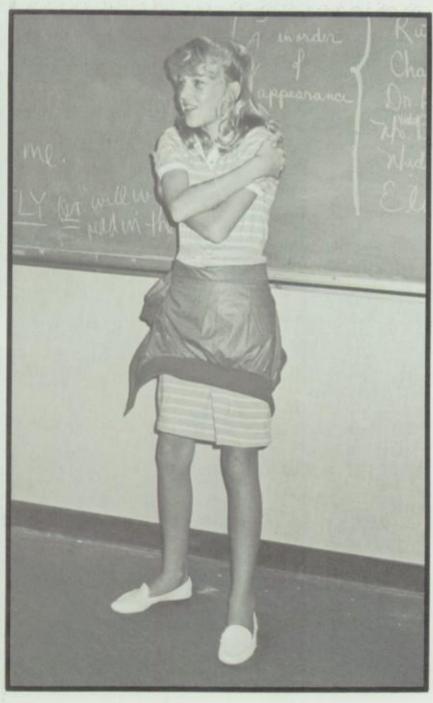
Jerusha Dahm (as Michelle), Keith Flannery (as Joe), and Mark Eagle (as Norm) run through a scene together.



Jerusha Dahm and Laralee Mack practice their lines.



Laralee Mack shows expression as Muriel.



Wendy Wells performs during ther drama class.



John Remmell, Lisa LaFlamme, Carla Myers, and Jessica Jeffries read their scene.



Stacey Seymour, Kaire Boswell, Matt Selznick, Kristin Egger, Geof LeBaron, and Eric Butterfield ham it up during advanced drama class.



## Foot Loose and Fancy Feet

Dance, dance, dance; that's what the Capo Valley High School Dance Production does constantly. These talented dancers have a personal interest in promoting public response to the growing popularity of dance. Under the direction of teacher Sharyn Kelly, they were one of the eight dance groups invited to perform in the annual "Choreographer's Concert" in Hungtington Beach. The girls performed two tap routines and a jazz number. In the spring they participated in the Laguna Beach Choregrapher's Concert. The girls also had the opportunity to produce their own Spring Concert held in the mall.

Not only do the dancers develop advanced techniques and choreography skills, but they also develop expertise in all aspects of dance production, which is comprised of stage management, lighting, costumes, sound and staging of the dance.

The members of Dance Production (above) include, front: Jaye LaFontaine, Lesley Fredericks, Kerin O'Leary. Second row: Natalie Ray, Stacy Eskow, Val Aisel, Shelley Hastings, Lynn Jordan, Lisa Cobb, Katy Noel. Third row: Teresa Hortinela, Wendie Wachal, Julie Simpson, Janice Bugna, Tracy Wojciechowski, Kelly Fitzpatrick, Jackie French, Missy Gabris. Top row: Advisor Sharyn Kelly, Nisha Shaw, Lisa Gibson, Delina Moore, Denise Miller, Stephanie Lackerman, DeeDee Gates, Tiffany Vaughan, Tracy Bardens and Corey O'Brien.



Tracy Wojciechowski, Michelle Stewart, Wendy Wachal and DeeDee Gates practice one of the many dances they performed with Dance Production this year.



Shelley Hastings, Stephanie Lackerman, DeeDee Gates and Tracy Bardens warm up with grand battemans.



Katy Noel prepares to do a pirouette.



Members of the Fountain Valley Choreographer's Concert competition team are all decked out in their costumes. They are: Tracy Bardens, Delina Moore, Stephanie Lackerman, Lynn Jordan, DeeDee Gates, Jaye LaFontaine, Denise Miller, and Shelley Hastings.



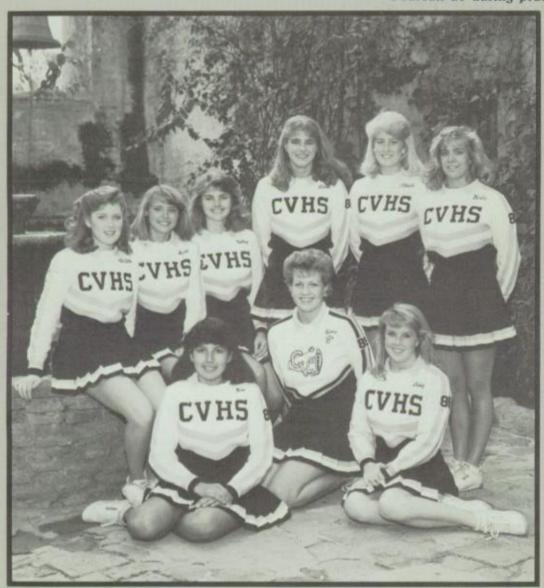
Lisa Gibson and Tracy Wojciechowski prepare for a vigorous work-out by warming up.

## Cheer Up .... Pep Is Here!

The 1984-85 Pep-Squad: Songleaders, Varsity, and J.V. Cheer unite to promote school spirit. These twenty-three girls invigorate their spirit by: attending all games, showing their enthusiastic spirit leading the crowd with cheers and chants. They also participate in spirit week by dressing up during "Beach Week," "Twin Day," "P.J. Day," etc. These hard working girls are led by songleader captains: Michelle Fosdick and Paula Hoffart; Varsity captains: Eva Rodriguez and Cathy Sedgwick; Junior Varsity Captains: Kristi Burgus and Heather Hubbard. Hours and hours of hard work began in July to get ready for competition, half time, and pep rally performances. These talented girls participated in competitions and received superior, first, and second place trophies against other pep squads across Southern California. Having special talents the girls have made the 1984-85 an award unit Pep Squad.



"Take five girls." And that is exactly what Izabella Al Mandili, Heather Hubbard, and Tonya Pearsall do during practice, but have time to show everyone who is #1.



Varsity Cheerleaders front row (left to right): Eva Rodriguez, Lynne Spongberg (mascot), Amy Stubbler. Top row (left to right): Christa Forster, Amy Ryan, Cathy Sedgwick, Linda Treptow, Michelle Meyer, Kerin O'Leary.



Junior Varsity Cheerleaders front row (left to right): Tonya Pearsall, Izabella Al Mandili, Heather Hubbard. Top row (left to right): Susie Prutz, Michele Tayler, Diane Lohman, Kristi Burgus.



Songleaders bottom row (left to right): Brenda Guigli, Meghan Gray, Michelle Fosdick, Paula Hoffart. Top row (left to right): Catherine Perlas, Laura Sammons, Katy Noel, Cindy Sawyer.





Also encouraging Cougar spirit this year were peppy posters like this one.

Capo Valley pep offers girls a chance to make and enhance friendships that may last a lifetime. Friends until the end, Michelle Meyer and Brenda Guigli take a break during a pep rally.

## Air Guitar '85

## ASB Sponsors 3rd Annual Show

Air Guitar '85 was packed to the rafters for two consecutive March nights, and the crowds were not the least bit disappointed. The acts were fantastic, all of them. The competition was close, but the winning acts proved to be the most extravagant: first place went to Van Halen, led by Casey Hird, performing "Panama." As David Lee Roth, Casey leaped around the stage (12 feet in the air off a riser) on a foot he had broken a day before. Second place went to Quiet Riot. Previously, they had appeared on TV's "Putting On The Hits." Third place went to Total Coelo, a group of junior girls who overwhelmed the crowd with their brilliantly staged version of "I Eat Cannibals." Also noteworthy were Devo, for their hilarious "Working in a Coalmine," Robert Pospisil's Michael Jackson, moving to "Wanna Be Startin' Somethin'." The Rolling Stones, "Satisfaction," and Nina Hagen, "I Love Paul." Cash prizes were given to the winners, but everyone involved was in it for fun. In fact, out in the capacity crowd, members of the other bands could be seen, cheering the band on stage



Members of Total Coelo, Julie Simpson, Gabby Bastias, and Jennifer Sibbrel, dance across the stage to "I Eat Cannibals." They won third.



Casey Hird takes flight, as Van Halen whips through "Panama," the song that earned them first place. Casey performed despite a broken foot.



The crowd goes wild as Quiet Riot (left to right: Jeff Piraino, Dave Mazza, Craig Druckrey) finish "Party All Night," They placed second.



Nina Hagen intrigued the crowd with "I Love Paul." Inset top to bottom: Kaire Boswell, Eric Butterfield. Left to right: Stacy Seymour, Stacy Lawson, Geof LeBaron, and Geoff Carter.



As Adam of Adam and the Ants, Andy Bryans sang of his "fetish for blondes" in "Christian Dior."



As U2, Rod Runolfson, Kevin McKelvie, and Ruben Romano pounded out "Two Hearts Beat As One."



Robert Pospisil, as Michael Jackson, thrilled the audience.



In another version of U2, Craig White and Gary Kortz performed "New Year's Day."



Devo ground out "Working In A Coalmine," Left to right: Mike Burgess, Jon Korbonski, and Steve Williams. Inset: David Argentar.



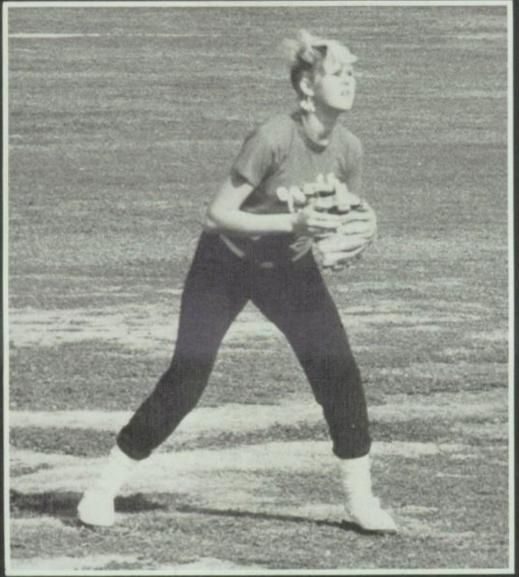
The Stones gave "Satisfaction" to the crowd. Left to right: Jeff Werkmeister, Todd Montgomery, and Bruce Orcutt. Inset: Robert "Mick" Madera.



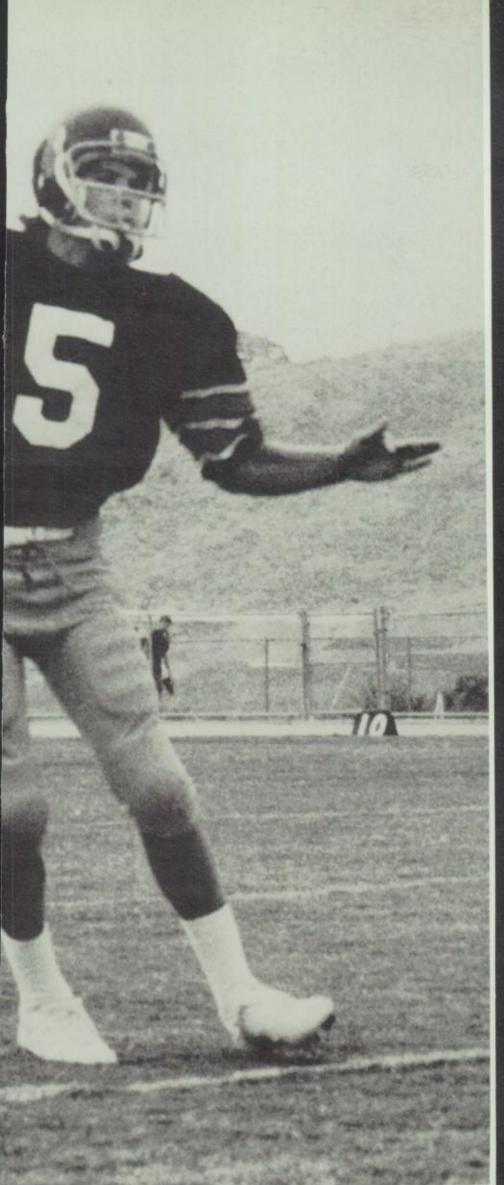
The glamorous Bangles did "Hero Takes A Fall." Left to right: Christa Forster, Cathy Sedgwick, Jackie French, and Kellie Mitchell.



Cougar soccer players move upfield during their CIF game against the Esperanza Aztecs. Esperanza went on to win 2-0 and end the Cougars' season on a downnote.



Belinda Bradshaw prepares herself for any pop flies that might come her way during softball practice.





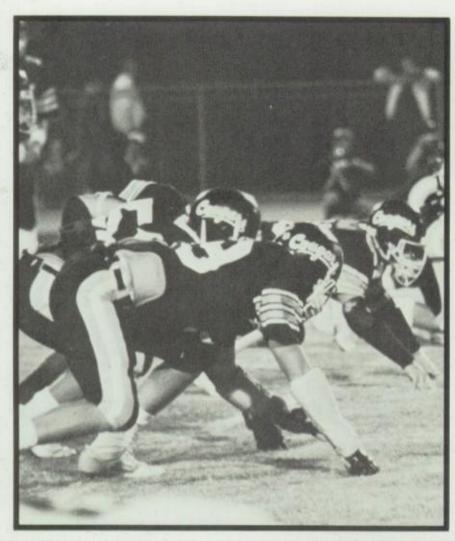
Darin Frank soars over the bar, while perfecting his pole-vaulting skills.

## CV Shows Pride On the Field, Court

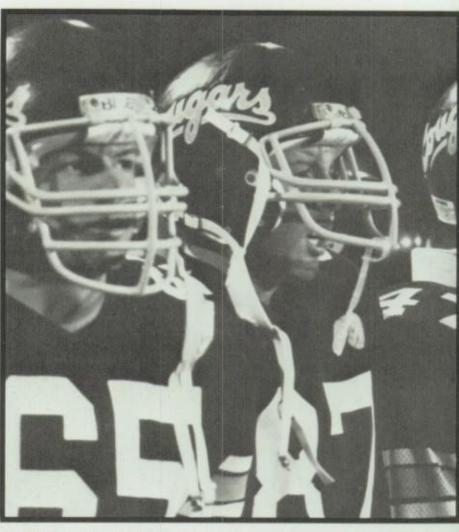
Throughout the nation high schools battle all types of problems. Some face academic decline, while others experience defeat on the sporting fields. Capo Valley is one of the very few schools that has undergone prosperity in both academics and athletics. Since Capo's opening, its teams have been ranked among the elite; this year is no exception Football, basketball, men's soccer and women's tennis all participated in some CIF playoff games. The women's tennis team, in fact, became CIF champions Besides team accomplishments, many individuals also excelled. Wrestler Tim Ige was the Orange County Wrestler of the Year and placed second in the California State Tournament. Mike DeNicola surfed his way to the South Coast Championship as well as fulfilling his duties as Athletics Commissioner. Sondra Mitchell took first place in the tennis singles competition during CIF. Lineman Kenny Felix collected all the "all first team" awards available to him All-South Coast League, All South Orange County, and All-CIF. Shotputter and discus thrower Brian Blutreich once again brought pride to Capo Valley. Not only has he been shotput League Champion, CIF Champion, Southern California Champion and State Champion, but he is also an All American. These athletes as well as many others show their pride through sports and should be congratulated for making Capo the best that it can be!

Marcel Durand sets up to fire the ball to a receiver downfield.

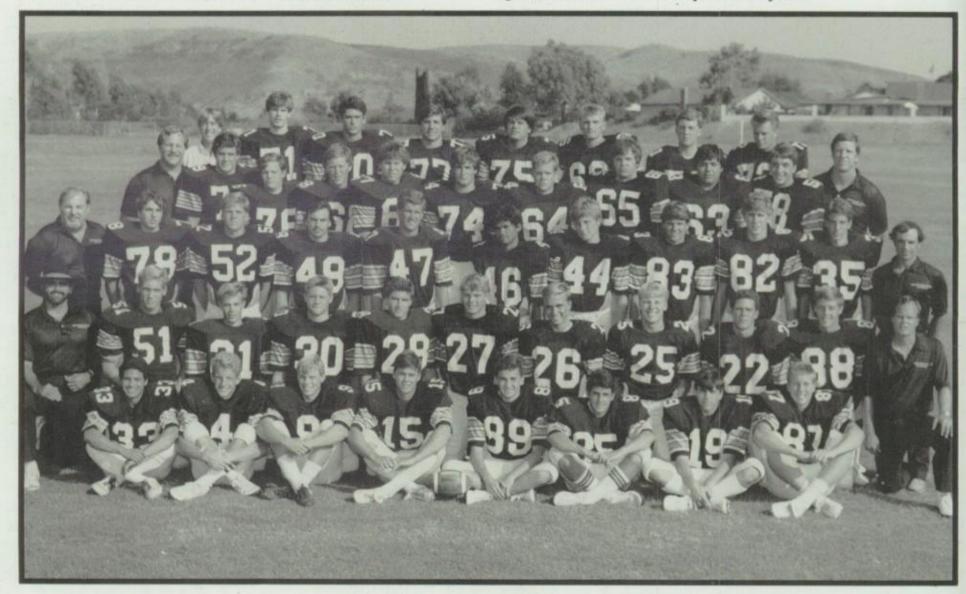
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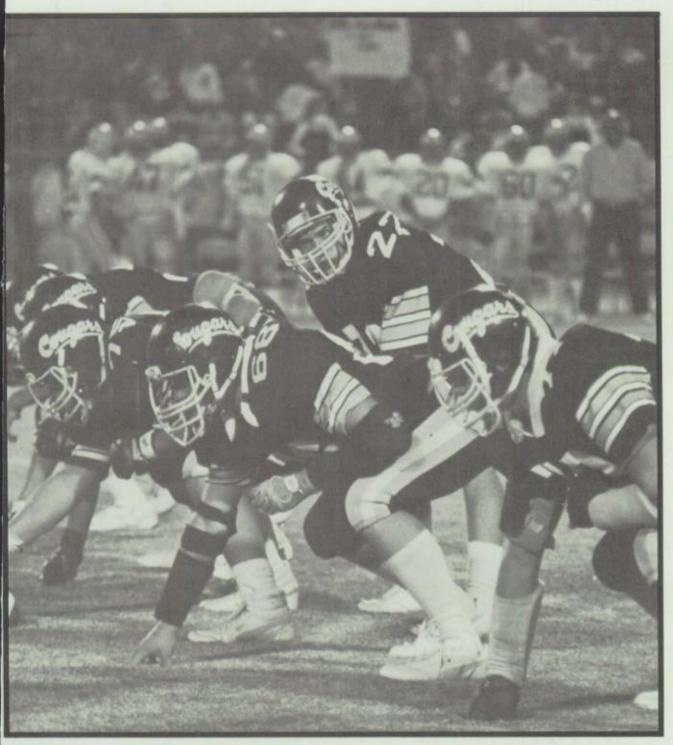
The Capo defense digs in during a crucial play against the Dana Hills Dolphins. Capo went on to win the game 19-0 with the help of an excellent defense and a powerful offensive attack.



Madrid Uso and Scott Stoker look on as the Cougars trample Mission Viejo, 28-0. This shutout of the Diablos boosted Capo's record against them to 2-0-1 in the past three years.



Varsity football team Front row, left to right: Fred Yslas, Richard Grant, Eric Hannah, Brent Parker, Tom Azar, Chris Curr, Russ Fike, Scott Stoker Second row: Coach David Elecciri, Rick Crawford, Dan Curtis, David Bamford, Todd Beightol, Jeff Kelley, Todd Rodriguez, Dan Daley, Nathan Call, Steve Tullar, Coach Lou Randall. Third row: Head Coach Dick Enright, Mark Siler, Dwayne Hollo, Tom Grieco, Jeff Piraino, Juan Jimenez, Don Schoeny, Todd Montgomery, Chris Baker, Robert Pospisil, Coach Ray Panici Fourth row: Coach Eric Patton, Dan Kelley, Rick Fields, Kip Monson, Tony Commons, Eric Duclos, David Curtis, Madrid Uso, Juaquin Alejo, Dave Pritts, Coach Dan Hansen Fifth row: Manager Steve Baker, David Ruffell, David Berkeley, Sal Cassaro, Ken Felix, Matt Atwood, Kai Polzien, Larry Cochrun.



Quarterback Nathan Call stands behind his line during a drive in the Dana Hills game. Call threw for nearly 300 yards and ran for 66 more enroute to a 19-0 triumph. The win raised the Cougar league record to 2-0 and kept alive thoughts of a league championship title.



Runningback Danny Curtis battles for a few extra yards during the Homecoming game against Irvine. Capo led 18-17 with 2:06 left, but ended up with a surprising 20-18 loss on a field goal with only a few seconds remaining in the game.

## Varsity Gridders Finish at 5-5

The Varsity football team ended their season with a 5-5 overall record and a third place finish in league competition.

The year looked bleak after two early losses to Foothill and Esperanza, but a convincing 27-7 victory over Corona del Mar to close out the pre-season seemed to spark coach Dick Enright's team.

After the Corona del Mar victory, Capo faced San Clemente to begin league play and came away with an important 21-15 win. Quarterback Nathan Call was the catalyst in a 19-0 routing of Dana Hills. He threw for nearly 300 yards and scrambled for 66 more as the Cougar league record jumped to 2-0.

The Homecoming game against Irvine, however, put a damper on Cougar hopes. After having the upper hand on an 18-17 score with only 2:06 remaining, the Cougars were handed their first league defeat on a field goal with only seven seconds left. Cougar pride was hurt, but they came back in fine form to destroy archrival Mission Viejo. The Cougars dominated the game, as the defensive unit kept the Diablos from scoring, while the offense racked up 28 points.

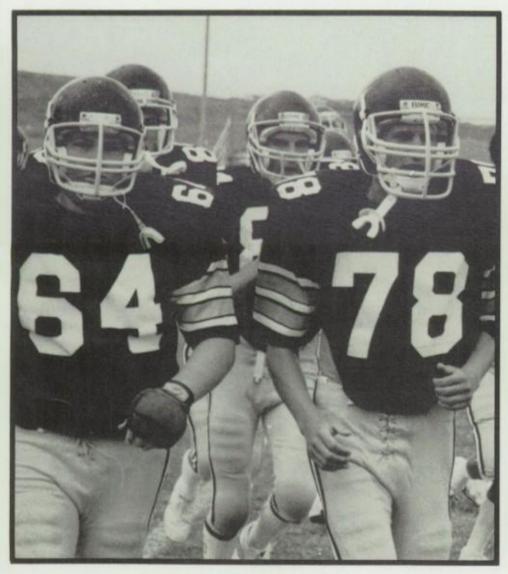
In their next game, Capo trampled Laguna Hills to the tune of 28-7. This victory was coupled with a Mission Viejo victory over league-leading El Toro, giving Capo a shot at the league championship in their final game versus El Toro.

The Cougars jumped out to an early lead, but it was chopped to 14-15 by El Toro. Capo mounted a drive and scored, leaving the half-time score 20-15, Cougars. El Toro scored again and kept the Cougars from doing the same for the rest of the game. Final score 25-20 El Toro. Capo still advanced to the CIF playoffs, but in the third slot and had to face number-two ranked El Modena in the first round, where the Cougars were beaten 38-14.

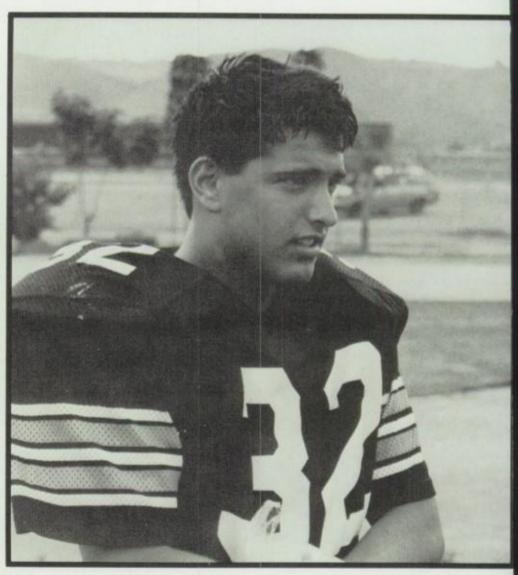
The Cougars possessed some excellent talent this year. Nathan Call had great success following in his brother Burt's footsteps at the quarterback position and will return to it next year. Receivers Todd Beightol and Dan Daley, as well as Chris Baker, proved to be a quality receiving corps, but only Beightol will come back for the '85 season. Both of Capo's runningbacks, Danny Curtis and David Bamford, will graduate, and coach Dick Enright will have to fill the void in his backfield. One lineman stood out this year, Ken Felix. Enright feels that he may be an All-American candidate, but he too will graduate. Looking to the future, Enright thinks that sophomore Brent Parker may be the player to fill some of the gaps left by graduating seniors.



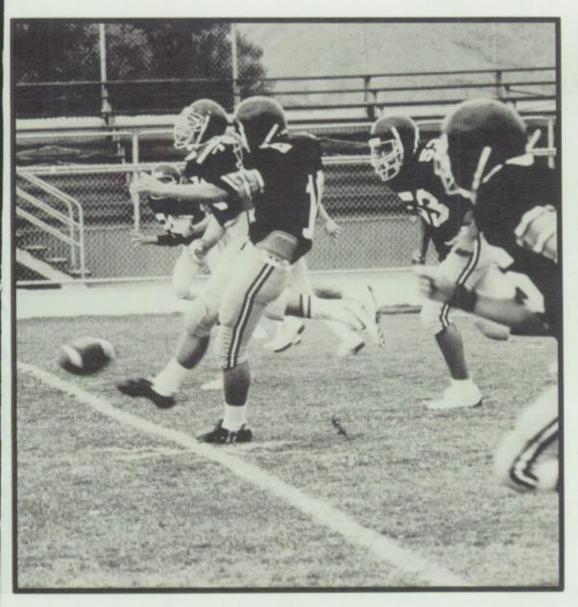
The Cougar defense digs in against a tough Corona del Mar team. (inset) During a time-out Quarterback Marcel Durand talks things over with Coach Lou Randall. Durand was named Most Valuable Offensive Player for his excellent performance on the field.



Joe Rossini and John Fosdick lead the offensive unit to the sidelines after a touchdown. Both can look forward to playing on Varsity in the future.



Injured running back Dave Reyburne nurses his wounds. He was sidelined with a wrist injury early in the season.



Kevin McKelvie booms a kick-off to start the game against Corona del Mar. The Cougars, however, wound up on the short side of the 7-6 score.

## Choice Varsity Prospects Finish League Play 3-2-1

After suffering three pre-season losses, the sophomore football team rebounded and wound up with a 3-5-1 overall record and a 3-2-1 record versus teams within their league. Tough 7-6 losses came at the hands of Corona del Mar and arch-rival Mission Viejo, while solid victories came against Dana Hills and San Clemente. Most Valuable Offensive Player Marcel Durand had an excellent outing as he led his team to a 22-0 shutout of Laguna Hills. On defense, the Most Valuable Player was linebacker Mike West, who will "play a lot on Varsity next year," said his past coach Bill Rolfe.

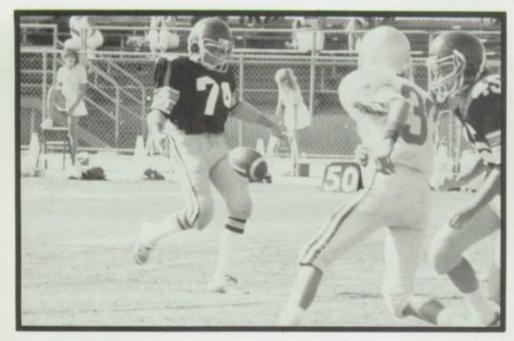
Varsity coach Dick Enright will have plenty of fine players to fill the shoes of graduating seniors on next year's Varsity football team. Durand and West figure to spend a lot of their junior year on the field for Enright, but many other commendable players should also fit into next year's Varsity scheme. An excellent receiver, Steve Lawrence, may possibly find a starting spot, as may fullback David Reyburne. Center Joe Rossini has been a great asset to the team, has maintained a 4.0 GPA this year, and may also find himself starting after superb Varsity center Ken Felix graduates. Outstanding defensive players include Joe Kindrich, Joey Maurer, and Craig Rebeck, all of whom may play for Enright next year.



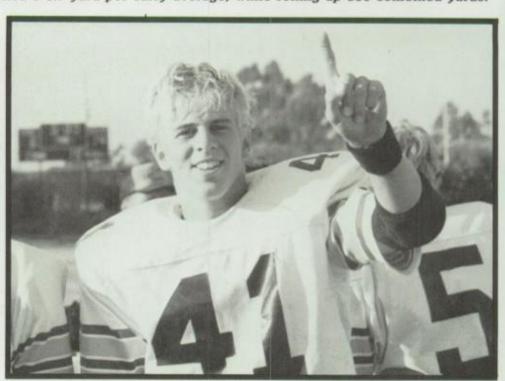
Sophomore football team Front: Jim Tyler, Steve Lawrence, Marcel Durand, Dave Reyburne, Sean Fairburn, Jeff Maranto. Second row: Keith Downey, Casey Durham, John Wilson, Scott Head, Joe Rossini, John Peterson. Third row: Brad Wonuk, Paul Pierce, David Hynan, Shaun Sedgwick, Chris Vollmer, Steve McLaughlin, Brian Orton. Top: Craig Rebeck, John Fosdick, Allen Baker, Mike West, Matt Belardes, Lance August.



Randy Stark heads upfield leaving would-be tacklers in his wake. Stark had a 6.7 yard per carry average, while rolling up 350 combined yards.



Greg Orton booms away a punt during an early season game. Orton broke the freshman punting record with a 70 yarder versus Corona del Mar.



Tom Adams gives his opinion of who is number one during a victory over Mission. Adams was chosen as the most valuable player for the freshman team.

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thris Long calls signals from his quarterback osition before attempting one of his 41 passes.

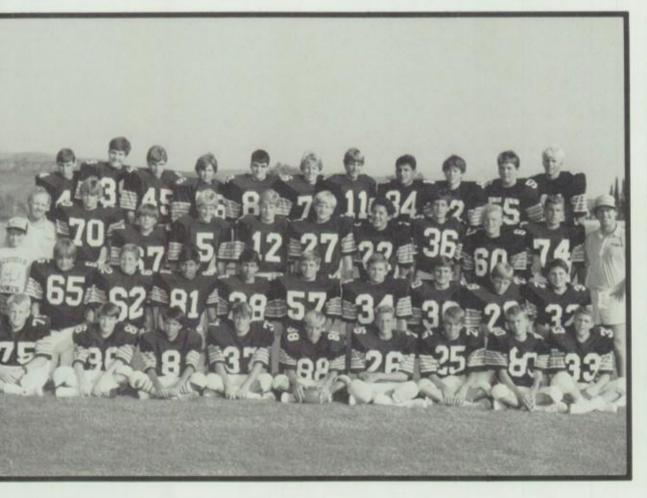
## Fine Football Prospects Lead Frosh to Second Place Finish

Freshman football teams are spawning grounds for players who will eventually play for the Varsity team. When looking over the freshman roster one name sticks out - Tommy Adams. Adams plays both offense and defense as well as special teams. He has set four Capo Valley punt return records, one of them being the longest punt return - 86 yards. He accounted for more than half of the team's points and for 60 percent of the team's yardage on the ground. He was named Most Valuable Player not only for his offensive ability, but also for his contribution to the defense. Although Adams seems to have dominated freshman play, many fine players have also excelled throughout the course of the year, but have been overshadowed.

On defense, Matt Rodriguez and Ron Hada combined for an unbelievable 113 tackles, while "Hitter of the Year" Brad Haywood accounted for five quarterback sacks. Joe Tuttobene and Randy Stark each rambled for impressive yardage from the backfield. Stark was a double

threat, amassing 183 yards via the airways. Rich Thomas and Chris Long threw for 129 and 197 yards respectively. The kickers this year have been more than anyone had expected. Place kicker Todd Plewe drilled 11 PATs and a field goal, while punter Greg Orton boomed a punt 70 yards to set a new freshman record.

After a tough 7-6 loss at the hands of Foothill, coach Bill Rolfe saw his team suffer defeat again against Esperanza. After squeaking past Corona del Mar, 7-6, to close out the pre-season, Capo destroyed San Clemente, 20-0. From that point on the Cougars won three straight contests, including victories over Dana Hills, and Mission Viejo. Laguna Hills, however, spoiled hopes of an undefeated league record with a surprising 13-10 win. Despite the loss, the Cougars still had a shot at the league title, but a loss to El Toro dropped them to second place. All 46 members of the freshman team, as well as their coaches, Bill Rolfe and Craig Anderson, should be congratulated on their great performance this year.



Freshman Football Team front row: Joe Halbert, Brad Carpenter, Ron Ginther, Steve Miner, Chris Ashbach, Pete Brower, Brad Balsis, Brett Beightol, Dave McLaughlin. Second row: Donald Rolfe, Troy Lovejoy, Robbi Robinson, Eddie Perlas, Joe Rosales, Jim Springer, John Reddel, Joe Tuttobene, Chris Mallonee, Marc Kolson. Third row: Coach Bill Rolfe, Robert Lawson, Jeff Johnson, Rich Thomas, Chris Long, Todd Plewe, Domingo Belardes, Don Flood, Chad Church, Greg Orton, Coach Craig Anderson. Top row: Bill Heffernan, Rex Vollmer, Jason Allen, Shawn Chamberlain, Mike Farrell, Brad Haywood, Chris Wend, Matt Rodriguez, Ron Hada, Dirk Nethers, Tommy Adams.



Mike Farrell cheers his teammates to victory during a 14-6 triumph over the Mission Viejo Diablos. Farrell racked up 30 total tackles and defensive lineman of the year honors for his efforts.

freshman football 87

## X-country Team Shows Its Spirit

The 1984 Cougar cross country team showed great success this fall. Even though their season record may not show it, this year was one of accomplishment. For one, there was a total of 57 members on the team, one of the largest in recent years. Another accomplishment was achieved by runner Mike Maynard, who, after being invited to the CIF cross country meet at Mt. San Antonio College, was also named to the All Orange County cross country team.

Other outstanding performers on the boys' team were Augi Gutierrez, who consistently finished near the front; Jason Holmberg and Don Collins, who competed at the Varsity level as sophomores; and freshmen Jason Sharp and Ken Gibson, who showed varsity potential.

For the girls, senior Kim Dipsiner was voted Most Valuable Athlete and Most Outstanding Performer. Sophomore Kristen Kulow and freshman Angela Powell were also outstanding in their performances.

Coach White said, "I hoped to have Capo runners average 8 to 10 miles a day in practice." They didn't just work on endurance, as they varied their practices from strength and hill work to speed and long distance training.

Coach White has one main goal in mind for his team - to work on individual and group improvement. "Every individual showed tremendous improvement," he said. "We had a bunch of fine runners and with a little dedication and hard work we can move back to the top in cross country."



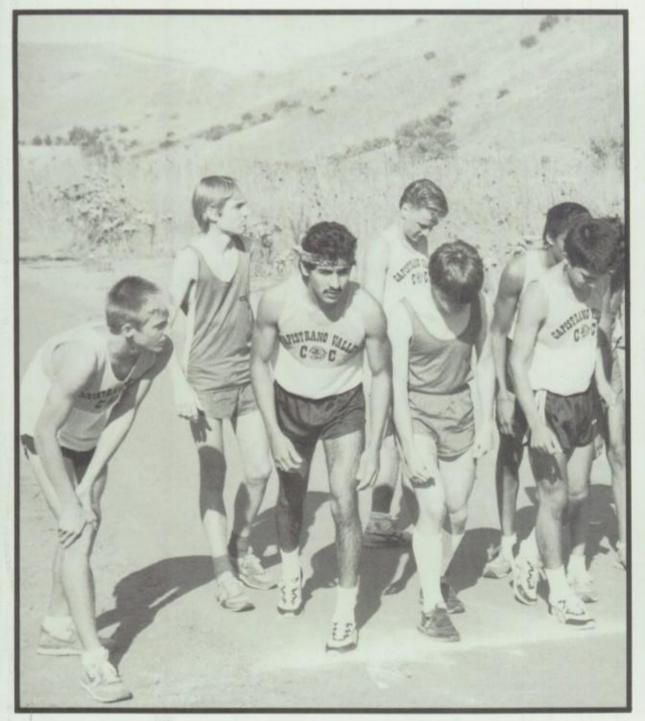
Coach White gives the girls' MVP, Kim Dipsiner, a last-minute pep talk before her race in the girls' Varsity South Coast League championship at Saddleback College.



Cross Country team front row: Julie Naughton, Silvia Evans, Shelly Crumpler, Gwen Elliot, Gabriela Bastias, Vilma Guerrero, Kim Dipsiner, Karen Nance, Jamie Ahlman, Caroline Nguyen, Kristen Kulow, Angela Powell, Steve Nielson. Second Row: David Nance, John Barnett, Doug McLaughlin, David Moore, David Mashburn, Alan Denison, Darin Zimmerman, Jason Holmberg, Don Collins, Jason Sharp, Augi Gutierrez, Mike Maynard, Jeff Evans, Brian Simington, Jim Earnest. Third Row: Coach Tom White, Kevin Petrisko, Ryan Morse, Rich Johnson, Rick Fratus, Ken Gibson, Scott Moore, John Wickersham, Paul Calco, Michael Shean, David Viggiano, Kurt Matthews, Damien Riley, Mike Zaret Top Row: Jon Boyd, Mike Attaway, Collin Riley, Jim Fox, Steve Thomas.



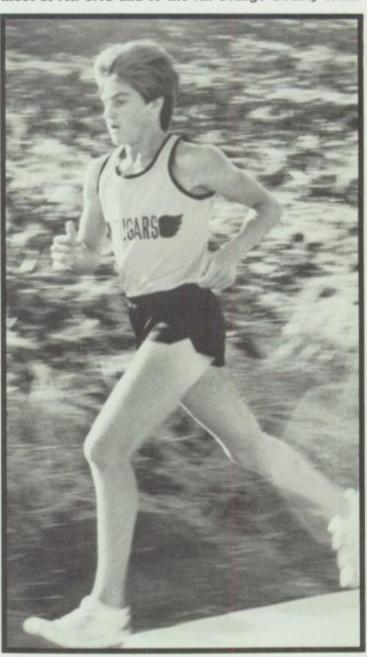
Despite their disappointing season, the girls' team managed to maintain good team spirit throughout the season, as shown here by Vilma Guerrero and Jamie Ahlman.



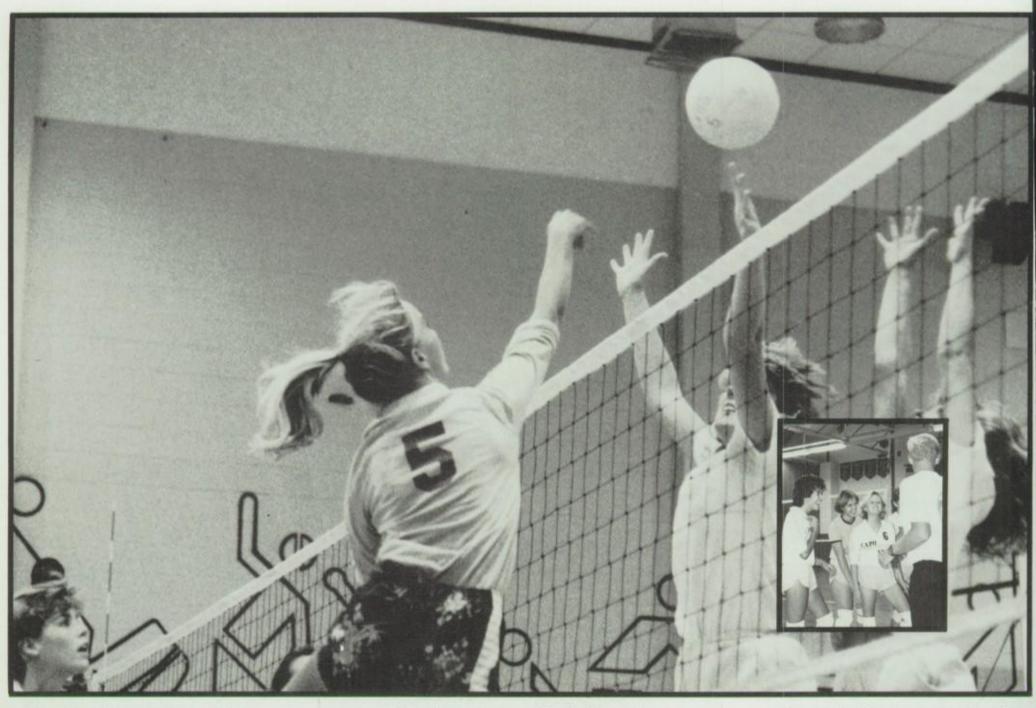
Muscles tensed and ready to spring, Varsity runners Augi Gutierrez and Jason Holmberg wait for the sound of the gun at a cross country meet against San Clemente. The teams' meets were frequently held in the hills of Laguna Niguel.



Senior Mike Maynard leads the pack at a meet against San Clemente. Mike went on to advance to the CIF meet at Mt. SAC and to the All-Orange County team.



Running in full stride, sophomore John Barnett coasts downhill to the finish line.



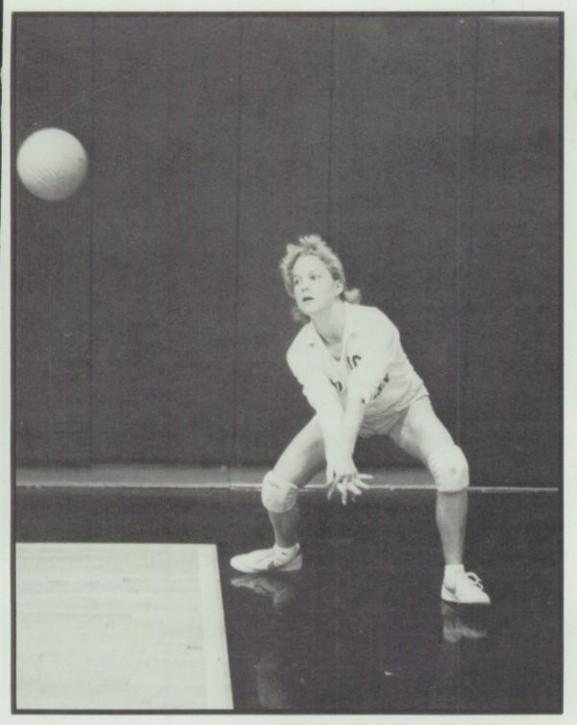
Pam Pressley exhibits her MVP merits as she spikes through an opponents' block. Pam will return next year and try to lead her team into the CIF playoffs. (inset) The JV team shares a laugh with their coach before a game at San Clemente. They will look forward to a more successful season next year.



Girl's Varsity Volleyball Team front row: Nikki Lloyd, Kim Brower, Pam Pressley. Top row: Gretchen Mitchell, Michele Rahn, Stefania Raiola, Reema Dandan, Stacey Mitchell, Ali Watkins, Coach John Gipe.



Girl's JV Volleyball Team front row: Andrea Patton, Tina Banda, Teddi Sherrer, Stephanie Mays, Jamie Case, Audra Smith, Christy Castro. Top row: Coach Bob Allen, Melissa Caparso, Kim Kahler, Caylin Combs, Kim Macintyre, Laura Chuha, Stacey Martnick, Kristen Mackey.



Stacey Martnick prepares to "bump" a ball during a pre-game warm-up in the gym.

## Team Shows Spirit Despite Losses

Volleyball is a 'combative' sport like Judo. Zen teaches us that in combative sports no man can become champion until he learns that his real opponent is not another man, but himself." — Famous Japanese volleyball coach Matsudaira.

This is the philosophy by which coach John Gipe's Varsity team plays. Although they ended the season with a rather disappointing record, they overcame many of their weaknesses due to inexperience. Basically a building year, 1984 gave everyone on the team a chance to get experience for the future. Coach Gipe said, "the girls worked hard this year and their efforts will be rewarded. We'll be very good next year." Gipe will only lose three of his starters and will still have this year's Most Valuable Player Pam Pressley when next year's season begins. All of Gipe's players will participate in club volleyball during the off-season. He feels that this will also help his team to overcome some of the top teams in Orange County.

Coach Gipe looks forward to next year when he feels that his team will have the experience and talent to place well in league. This year's top returning players include MVP Pam Pressley, Most Improved, and fine setter Kim Brower.

Although JV also had a disappointing season, they gained valuable experience and most will go on and play for the Varsity team next year. This year's Most Valuable Player was Caylin Combs and she will definitely start for Gipe next year. Other outstanding players were Laura Chuha and Jamie Case. Coach Bob Allen is looking forward to a better season next year, while attributing the poor showing this year to a young team and a new coach.



This year's Most Inspirational Player, Reema Dandan, gives it her all as she dives for the ball at a tough game while Pam Pressley looks on.

## Water Polo Team Comes Out Ahead

The Varsity, Junior Varsity, and Frosh/ Soph teams ended with an impressive 1984 season. With six returning seniors from last year, the Cougars improved their skills immensely.

The Varsity landed their first victory over Dana Hills in a game that came down to the wire, with a score of 10-9. Top scorers included Bruce Orcutt with 44 goals, and Ron Sprouse with 22 goals. Most Valuable Player went once again to Bruce Orcutt.

The JV and Frosh/Soph teams also had a great season. Frosh/Soph had an overall record of 9-8, placing 6th in league play. JV, showing great talent, placed 5th overall.

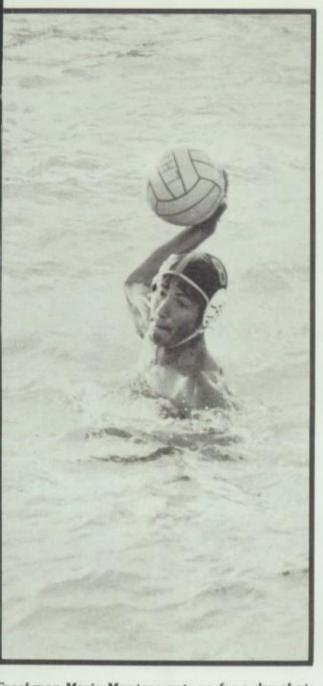
For the future, Coach Sponagle hopes to develop a "hot varsity" over the next two years. With the upcoming talent from the Frosh/Soph and Junior Varsity teams, Coach Sponagle expects to have an "incredible group of players."

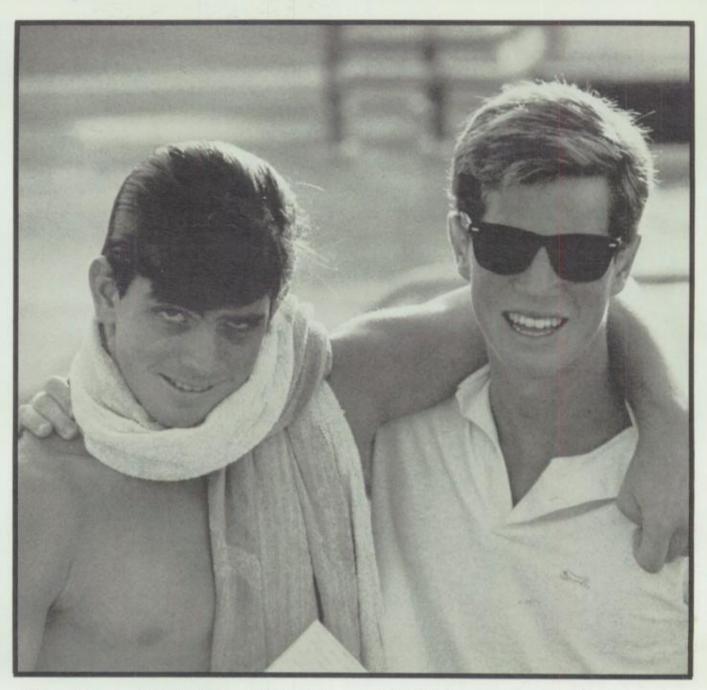


With grace and style, Jeff Werkmeister manuevers his way around the opponent.



Water Polo Team Front Row: Dave Carney, Matt Howard, Keith Smith, Scott Rutherford, John Clune, Tim Pratt. Second Row: Tom Thorpe, John Sotter, Eric Zimmerman, Joe Kennefick, Steve Shaver, Mario Montero, Jon Korbonski, Riley Harwood, Steve Saporito, Alan Bernardo. Third Row: Coach Jay Sponagle, Jason Arnold, Jeremiah Taylor, Bruce Orcutt, Collin Davis, Randy Erickson, Jim Parker, Jeff Werkmeister, Robb Hiner, Chris Hall, Steve Burch, Ron Sprouse, Coach Ken Fisher.



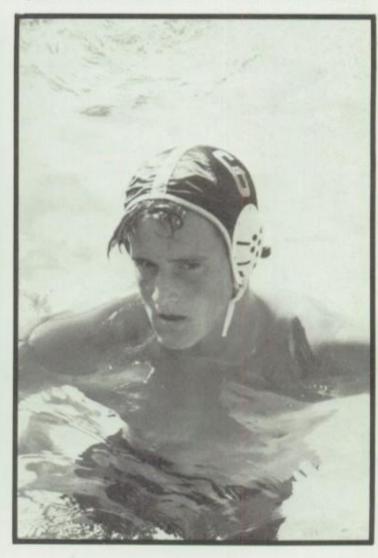


Freshman Mario Montero sets up for a dry-shot.

After a victory against rival Dana Hills, Eric Lucy and Jeff Werkmeister come back to take a bow.



Goalie Eric Lucy shows tremendous skill as he did all season, blocking 61 percent of all shots aken on him.



Jeremiah Taylor pauses during half-time to rest for the long game still awaiting him.

## These SCL Champs "Love" Tennis!

Practicing 2-2 1/2 hours a day has definitely paid off for the Varsity Tennis team this year as they became the undefeated South Coast League Champions for the first time. "The team played tough every match and I think they really wanted to win it," said Coach Vicki Anderson. The difference may have been the change in coaching strategy as Mrs. Anderson stressed endurance and conditioning more than ever. The star player once again was Sondra Mitchell who said she feels "really great about winning the championship and I know the rest of the team is excited about it also.

In many ways tennis is a more challenging game than, say, football. "It's more of a mental game. Every ball is different and you have to use strategy to win the point," explains Coach Anderson.

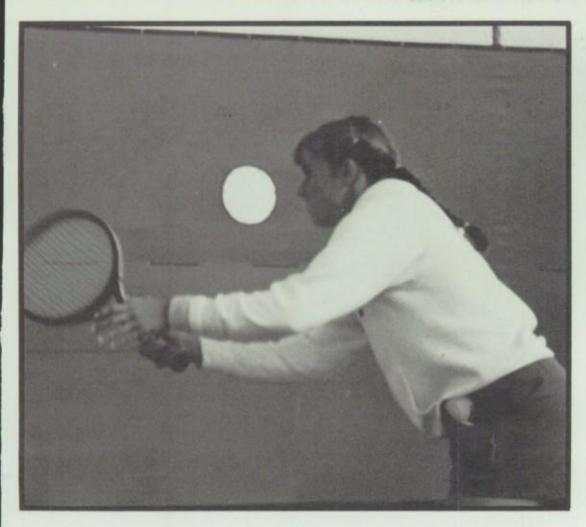
The Junior Varsity team was one of exceptional quality and talent also this year. JV teams do not qualify for CIF but if they could, our team would have been there as they lost only one game all season. It is comforting to know that the excellent talent of many of the girls who are on the JV team will graduate to the Varsity team next year and we welcome all of the incoming new talent.

Playing tennis is not as easy as it looks. It isn't just hitting the ball but hitting the ball to a

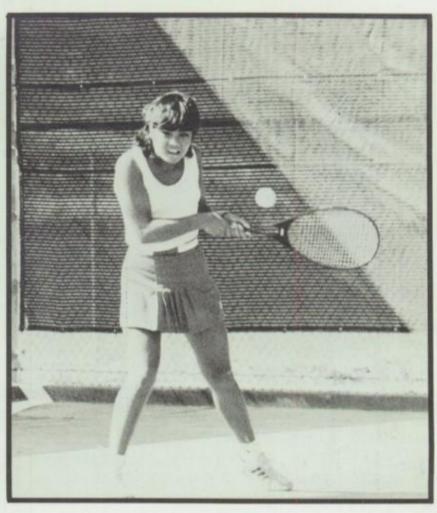


The girl's JV tennis team was comprised of (front) J. Sahas, P. Crocker, D. Kinsella, C. Acosta, Moh, Coach Carol Kirk and (back) S. Patterson, L. Green, L. Davidson, J. May, E. Autenrieb, and Berning.

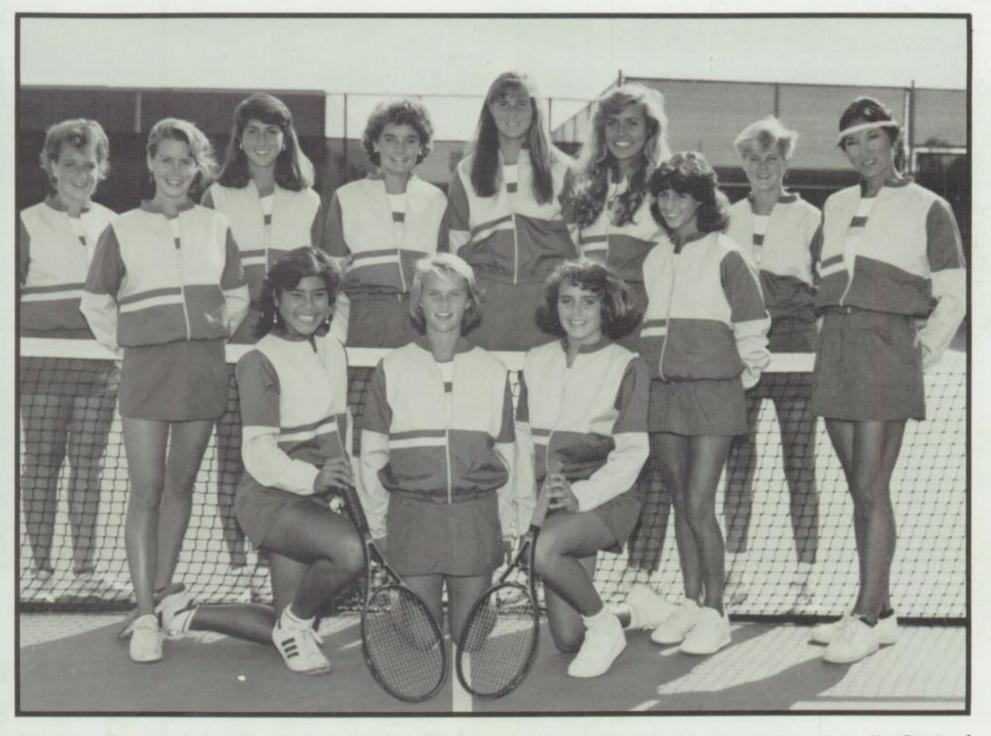




The next Wimbledon champion, Sondra Mitchell, has worked hard all four years of tennis here and she has helped make the team better than it ever was before.



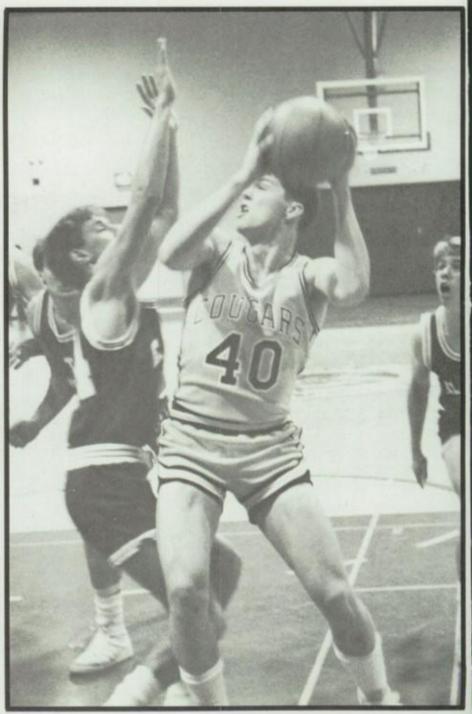
Natalie Guerrero returns a tight shot in a tough, but successful match.



The undefeated League Champion Varsity team includes (front): Kristy Mulhaupt, Natalie Guerrero, Inger Sanderud, Dana Foster, Kari Pucci, and Coach Vicki Anderson. (Back): Jennifer Wolynetz, Gwen Glassman, Jill Linhart, Sondra Mitchell, Lawnee Olson, and Belinda Bradshaw.



Shawn Reed gives a high five to Shannon Skuplen as he emerges from a group of fans before the game against Mission Viejo.



Tom Manley pumps before he decides to sink a basket from inside the paint.



Tom Manley loops the ball in to Jason Trask at the low post.



eid Lukes sets-up to fire a freethrow during Capo's be-point loss to El Toro.

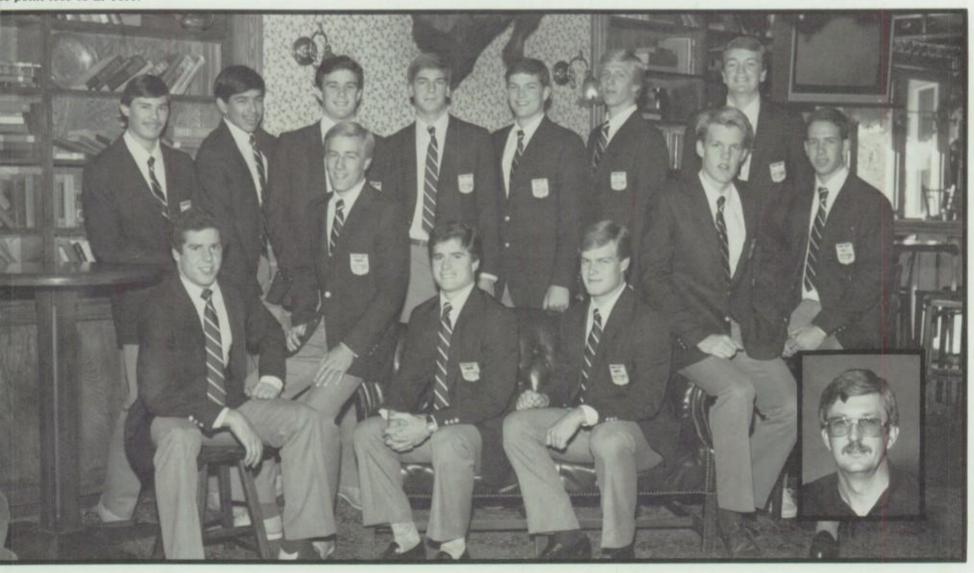
## Thornton Takes Varsity To CIF

Although coach Mark Thornton took this year's team to the third round of the CIF playoffs, the Cougars seemed to be playing not to lose rather than to win. As the pre-season started, they looked like a force to be reckoned with, but as the year went on they began to show their inconsistency. They began with a 69-57 beating of Servite to capture third place in the Fountain Valley Tournament, but failed to finish in the top three in the Irvine Tournament. Behind the strength of their guards, Nathan Call and Gregg Bujnovsky, Capo rallied for four straight victories to start league competition. Hopes for a league title quickly dissipated, however, after dropping consecutive games to Laguna Hills, 46-45, and El Toro, 69-68.

The Cougars picked themselves up with a win in their next game, but stumbled against Dana Hills in the one following. A sound, 76-61 thrashing of Irvine led the Cougars into their third meeting of the year with Mission Viejo. In the two previous clashes Capo

emerged the victor, but in the final meeting they were not so lucky. The Cougars, however, managed to squeeze into the CIF playoffs as the third seed. Capo was forced to take on opponents who ranked much higher than themselves, but they came out victorious in their first two games against both Redlands and Estancia.

After the first two rounds, they took on top-ranked Glendale. Capo kept it close, but always seemed to be a step behind - they trailed by two at the half and eventually lost by three. The fact that Glendale went on to become CIF champs shows how well Capo played despite the loss. Unlike past years, Thornton will return to the court next year and see many familiar faces. Juniors Nathan Call, Shawn Reed, Jason Trask, John Waikle, and Todd Beightol will all return, and other juniors, John Davey and Ronnell Balagot, will move up from JV to give Thornton a lot of depth on next year's team.

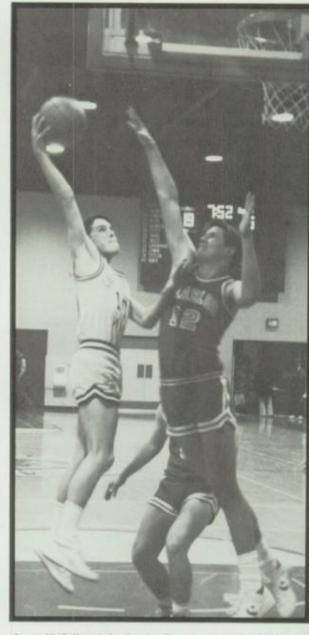


arsity basketball team sitting: Nathan Call, Gregg Bujnovsky, Todd Beightol, Steve Burnett, John Waikle, and Shawn Reed. Standing: Scott Stark, uis Aguilar, Dan Kelly, Reid Lukes, Tom Manley, Stuart Romine, and Jason Trask. (inset) Coach Mark Thornton.

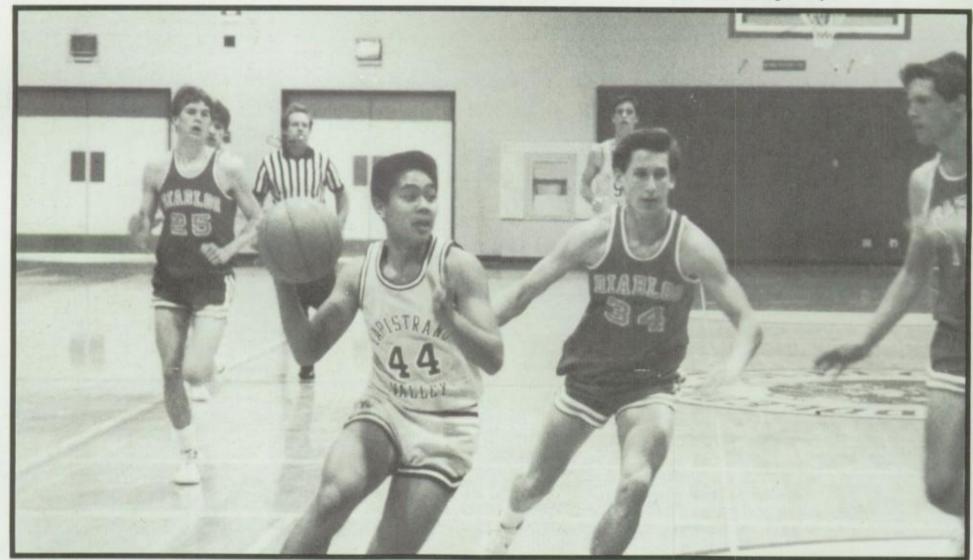
## JV Basketball Finishes With A Flurry

Although Varsity teams usually overshadow their JV counterparts, this year's JV team has completed a season that few teams can ever hope to complete. Most people arrive at the gym at 7:30 for the Varsity games, however, had these same people come an hour and a half earlier they would have seen one of the best and most exciting teams around. Under the direction of coach Ken Kaefer, they ended the season with a 22-2 overall record that saw them remain undefeated both at home and in league play. To open the year they cruised to victory in the prestigious Los Alamitos Tournament and had both Scott McCullough and Ronnell Balagot named to the All-Tournament team, while John Davey was tabbed as the tournament's Most Valuable Player.

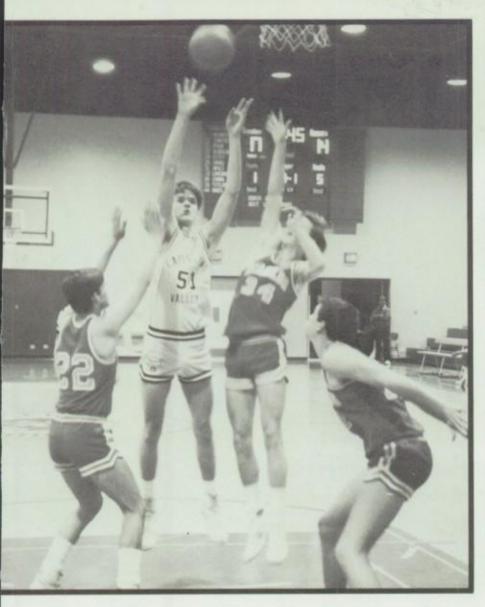
After the tournament ended, the Cougars stumbled. They lost two early games to Estancia and Huntington Beach, but finished with a flurry - 18 straight victories. Davey emerged as the team's high-scorer and MVP, but the fine play of entire team, including starters Davey, Balagot, McCullough, Steve Montes and Rob Binder carried this team to the league championship. The highlight of the Cougars' league schedule were the two solid defeats of archrival Mission Viejo. Varsity coach, Mark Thornton will have plenty of talent to mold into starting players for next year's team. Davey and Balagot figure to spend a lot of time on the court as starters for Thornton, and Binder, too, may find himself in a starting position.



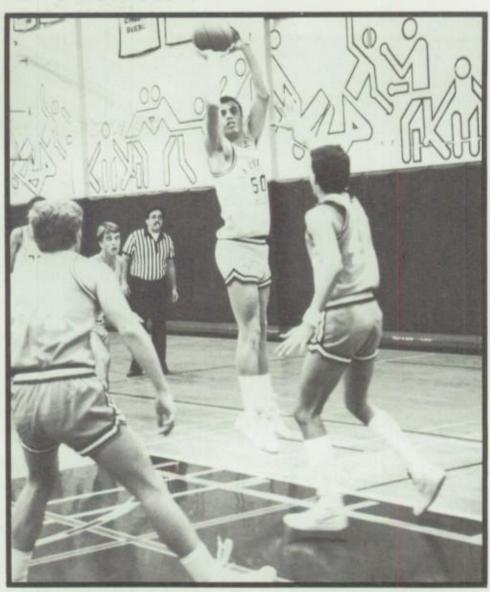
Scott McCullough leads the Cougars past the Diablos in their second meeting of the year.



Ronnell Balagot drives into the lane on his way to a lay-up.



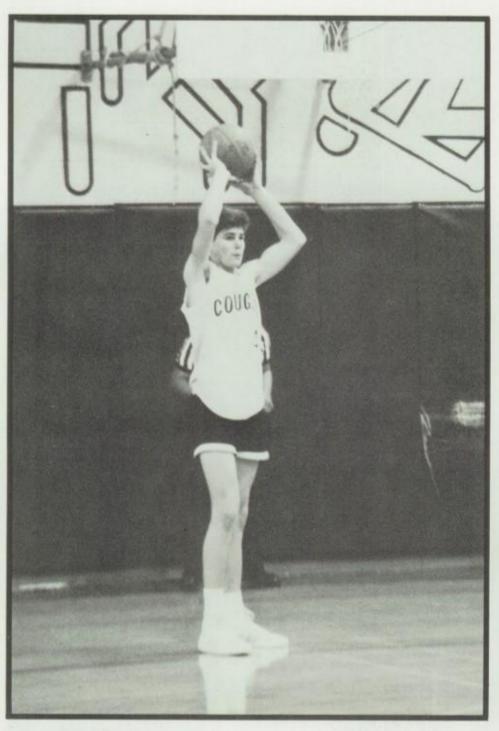
John Davey hits a jumpshot that puts the Cougars up by five.



Starting center Rob Binder fires a shot in one of the few games that JV played at Capo's gym.



Junior Varsity Basketball Team, front row: John Knettles, John Davey, Rob Binder, and Steve Montes. Top row: David Fowers, Scott McCullough, Tim Richards, Paul Wend, Scott Stoker, Ronnell Balagot, Kenny Macleod, and B.J. Choi. (inset) Coach Ken Kaefer.



Todd Kostoff, unguarded, looks for an open man in the key.



Mark Artale gazes into oblivion as his coach, Dan Ryan, discusses some of the more monotonous aspects of the game.



Freshman Basketball Team, front row: Mike Stifter, John Blackburn, Tom Diersbock, Tom Collins, and Chris Benner. Top row: Marco Forster, Todd Plewe, Drew Carson, Charles Lockard, Jim Kemper, Randy Stark, Frank Aguilar, Bill Bardens, Lance Dawson, and Chris Conrad. (inset) Coach John Peloza.

## 15

Chris Conrad fires the ball towards the hoop during a

## Frosh/Soph Basketball— Both Are Winners

What, in most opinions, was the weakest sophomore team in the league, surprised everyone. They ended the season with an unbelievable 21-2 record and racked up league championship honors. The pre-season included a big win over perennial powerhouse Mater Dei and a first place finish in the San Clemente Tournament, "We did better than anyone expected us to do," said coach Dan Ryan. Under his guidance, the sophomores stumbled only once during league competition. The loss came against Mission, but the Cougars made it seem like a fluke, winning both of the other games against Mission. Behind the excellent play of Todd Kostoff, Don Collins, and Tim White, they wrapped up the season 10-1 and look forward to next year when they can

move up to JV or even Varsity.

The freshmen, likewise, had a superbyear on the court. They ended the season with a 19-3 overall record and an 11-1 league record.

Coach John Peloza felt that this year produced some of the finest group of kids he has seen. "If a coach had a choice, he couldn't choose a better group everyone played well and they all had a great attitude." Peloza recognized Charles Lockard and John Blackburn as well as Randy Stark as the outstanding players of the team. He feels that when these players reach the Varsity level they will be excellent.



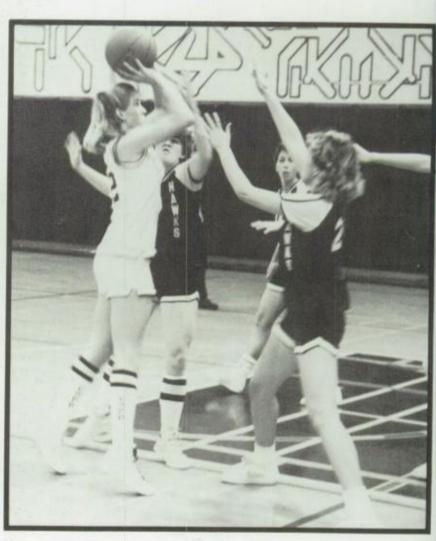
Sophomore basketball team, front row: Nick Muce, Tim White, Keith Olson, and Don Collins. Top row: Mike Props, J.T. Anderson, Steve Runge, Ted Romine, Brett Snyder, Tom Kelly, Todd Kostoff, Brent Parker, Karl Smith, and Steve Felix. (inset) Coach Dan Ryan.



Varsity players include, front: Julie Swain, Heather Schoeny, Caylin Combs, Tina Eichmuller. Top: Karen Vargo, Lynn Sadey, Gayle Kellenberger, Dawn Wallner, Chunfang Lin, and Coach Stan DeMaggio.



Tina Eichmuller tracks her opponent, hoping for a turnover.



Surrounded by Laguna Hills Hawks, Caylin Combs shoots for a basket.



Heather Schoeny looks for a teammate to pass the ball to before losing it to an El Toro player.

## Learners This Year, Winners Next Year

Although our Girls' Basketball teams didn't win the South Coast League, it wasn't for lack of enthusiasm or effort. It was just that they didn't have enough experience. Both Varsity and Junior Varsity were in the process of rebuilding and, as JV Coach Gish said, "the future looks very bright." Because the Varsity team consists of four freshmen, three sophomores, one junior, and one senior, next year's team should be a wealth of experience as returning veterans.

This year, Varsity finished fifth in the league and JV placed fourth. Varsity ended the season with a 4-8 league record and an 8-12 overall record. Leading scorer and rebounder was Caylin Combs, with Tina Eichmuller — the only senior and a Swedish exchange student — pulling a close second. Varsity Coach DeMaggio said the team "greatly improved from week to week," and as Coach Gish added, "they finally became athletes at the end of the year, playing 100 percent bet-



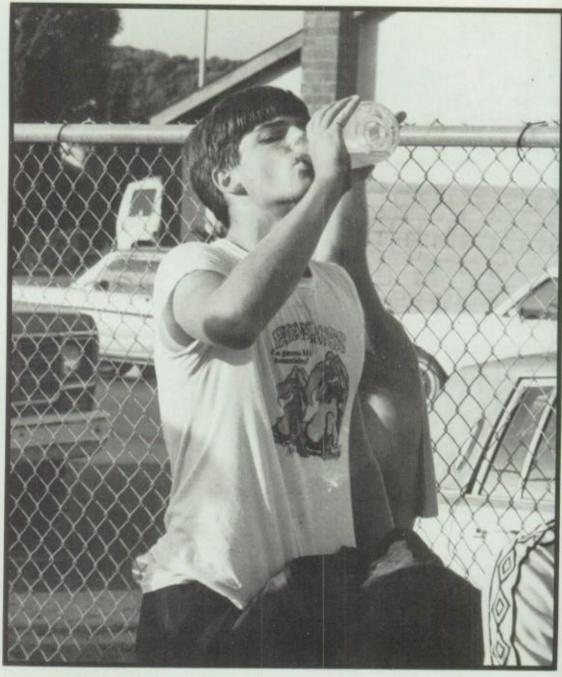
Junior Varsity players include, front: Kim Kahler, Teresa Cole, Hilary Schmidt, Nicole Leonard, Meredith Bodner. Top: Angie Capone, Rosa Turi, Shari Mazola, Dawn Barlow, Kelly Murphy, Marixa Scott, and Coach Randy Gish.

## Last Second Loss Ends Soccer Playoffs

Coach Ron Willms set out this year to accomplish only one goal, a goal that Varsity soccer had the potential to accomplish — make the playoffs. The Cougars, led by striker Sean Norris and sweeper Marshall Hudson, did indeed make the playoffs. Norris and Hudson, both All-League first team picks, carried this team that scored 35 goals on offense. Back on defense, however, the Cougars were equally impressive, limiting their opponents to a mere 15 goals. This was attributed to the fine play of goalie Scott Swanson and center-halfback Scott Vigil, also All-League first team picks.

The team finished with an overall record of 11-5-4 and produced some fine talent along the way. People like Curt Hill, Brian Nayler, and Steve Tullar were the backbone of the team. They gave 100 percent effort every time they took the field. Although they made it to the playoffs, their playoffs stint was a short one. After being crippled by injuries to key players, the Cougars had the misfortune of drawing the number-one-ranked team, Esperanza, in the first round. Capo battled the Aztecs of Esperanza to a 0-0 halftime score and kept them from scoring until, with three minutes remaining, they put one in. The Cougars were then forced to play up and were beaten with a last second goal.

The team is still fairly young and will continue to be a force in South Coast League play next year. Willms will have several excellent defenders returning, but will lose a couple of midfielders and a couple of forwards.



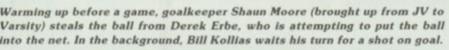
Varsity soccer player Sean Norris quenches his thirst after an exhausting game.



Varsity Soccer team, sitting: Chet Ngoy, Derek Erbe, Curt Hill, Jason Toney, Todd Norris. Kneeling: Marc Sorrentino, Dave Bamford, Brian Nayler, Shaya Mokfi, Bill Kollias, Jeff Piraino. Standing: Coach Ron Willms, Jeff Thornton, Jeff Duer, Steve Tullar, Scott Swanson, Sean Norris, Scot Vigil, Neil Shaver, Coach Norris.

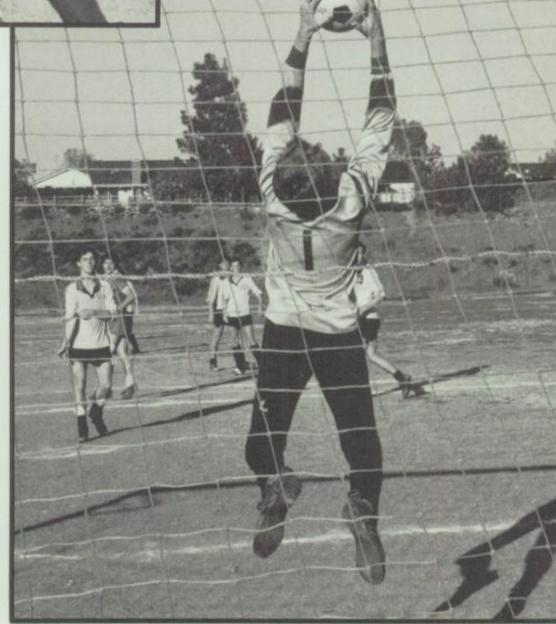


Sean Norris attempts to outmanuever his opponent with his speed, agility, and incredible ball control.





on Dennis practices throw-ins, demonstrating perfect technique.



Shaun Moore makes an incredible save, leaping up and grabbing the ball out of midair, foiling the oppositions' plans of scoring.

# JV, Frosh/Soph Soccer Show Promise

This year's JV team lost only one game, but placed only second because of their large number of ties. The team finished 5-1-6; the six ties kept them from becoming league champions. JV is usually a place where future Varsity stars begin to make a name for themselves and this year was no exception. Midfielders Casey Calkins and Chris Anderson both figure to spend a lot of time next year on Varsity. Another player who has an excellent shot at starting for Varsity is Brian Langley. He scored the most goals of any member of this year's team.

Frosh/soph also has some possible Varsity quality players, among these were Scott Giraud and Damon Leon. Of Giraud, the freshman defender, varsity coach Ron Willms said, "Outstanding player I wish he was bigger so I could take him up now." Willms also had high praise for goalie Leon, "he has great natural ability." Behind the play of both of these fine individuals the Frosh/soph team ended the season undefeated and as league champions. Their final, overall record was 4-0-2.



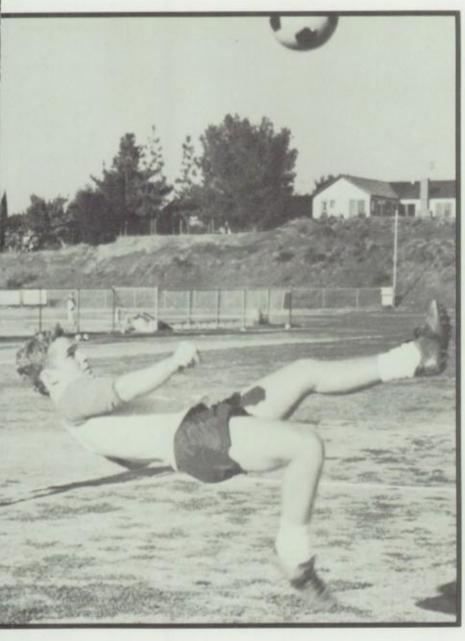
Taking practice shots on goal, Steve Hearne warms up before a South Coast League game.



Junior Varsity Soccer team sitting: Craig Samuelson, Ramsey Tawil, Pat Meyers, Brian Kramer, Byron Howard. Kneeling: Kevin McKelvie, Dave Campbell, Casey Caulkins, Chris Anderson, Dave Brull, Travis Jacobsen, Shaun Moore, Brian Langley. Standing: Coach Willms, Bobby Schy, Tim Vavrinec, Kurt Stremel, Todd Andrew, Mike Waibel, Dave Brown, Coach Hutcheson.



Frosh/Soph team sitting: Dave Nance, Andrew Hutcheson, Steve Hearne, Scott Giraud, Gary Russillo, Brent Schofield. Kneeling: Gary McKelvey, Garry Tarquinio, Todd Noftsger, Colin Arblaster, Scott Leritz, Brian Fallman, John Rathke, Dave Weidner, Ruben Romano. Standing (left to right): Eddie Goldenberg, Eric Haugen, Paul Filipowicz, Robbie Pratt, Eric Paxton, Damian Baiocchi, Greg Morales, Brad Vaughan, Damon Leon, Coach Brannon.



Pat Meyers does his Pele immitation, demonstrating the famous bicyle kick.



Frosh/Soph goalkeeper, Damon Leon, makes a diving save to help his team to a 4-0-2 South Coast League record.

# Injuries Plague Girls' Soccer

For the girls' Varsity soccer team, this was a year of ups and downs. Finishing with a league record of 7-3-3 and an overall record of 13-5-3, the girls' team was ranked in the top ten a good part of the season, beating a lot of the top teams in CIF. For most of the season, the girls' chances of entering the playoffs looked good. However, injury-plagued in their last few games, they were beat out of CIF by half a game to El Toro, resulting from a final South Coast League game tie.

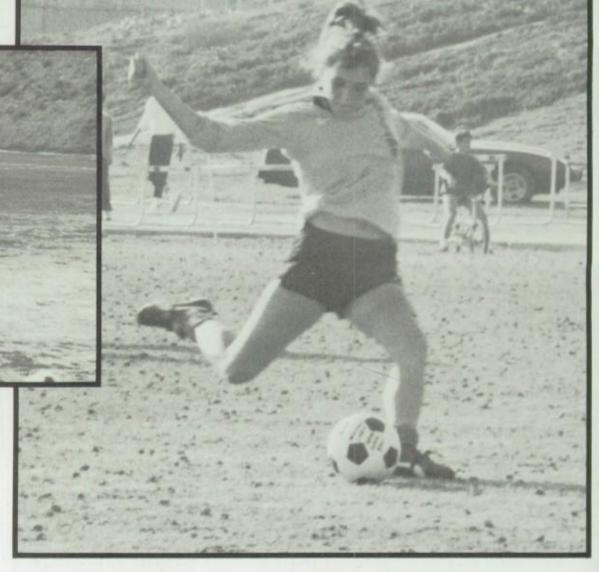
Based on voting by team members, Karen Nance was chosen Most Valuable Player. However, Coach Gary Jensen said that the team was "made up of a bunch of MVP's with nine-tenths of the team giving it 100 percent, and subs like Dena DeMaggio and Colette Snyder playing their hearts out." The season was quite rewarding and fulfilling, and with only two seniors departing from the team, next year's season looks very bright.



Girl's Varsity Soccer team sitting: Nicki DeMaggio, Kim McElmeel, Dena DeMaggio. Kneeling: Jill Linhart, Angela Colombo, Sandra Turner, Nikki Bingham, Katle Zimmerman. Standing: Jennifer Carter, Kymme Jensen, Amy Kovacovich, Collette Snyder, Kim Brower, Karen Nance, Ginny Andrew, Coach Gary Jensen.



Attempting to steal the ball from her opponent, Karen Nance, the girls' Varsity MVP, bumps into a Dana Hills player.



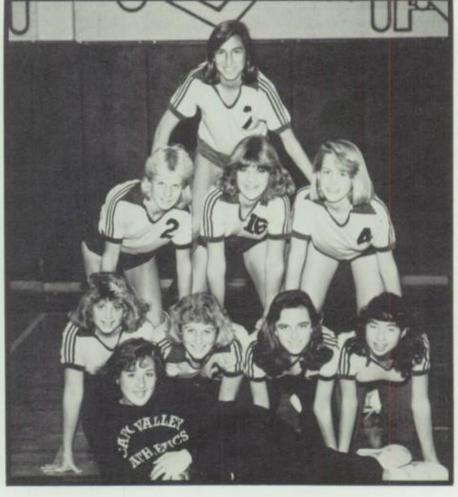
Center Fullback Amy Kovacovich prepares to send the ball up to her teammates in the front line. Unfortunately the girls lost in a close game against Laguna Hills.



Ecstatic with a half-time lead, the girls' Varsity soccer team gets even more pepped up for the second period.



rying desperately to score, forward Jennifer Carter struggles with a Dana ills player for possession of the ball.



Junior Varsity soccer team reclining: Traci Boyle. Bottom row: Cheryl Baker, Laura Chuha, Stephanie Mays, Emilie Moh. Middle: Jennifer Bley, Dana Doherty, Kristi Mulhaupt. Top: Larissa Roostee.



The Varsity members are front: Mike Maciborski, Casey Doody, Eric Proffitt, Eric Kotowitz, Kevin Petrisko, Mike Hannum, Ken Layton. Second row: Mike O'Connor, David McLeod, David Miller, Steve Lawrence, Mike Herman, Brian Walsh, Craig Owens, Sergio Ortiz, Tim Ige. Third row: Kelli Donathan, Coach Roy Heine, David Hynan, John Wilson, Ed Payette, John Fosdick, Jeremy Dickerson, Dan Fitzpatrick, Matt Cheney, Rex Vollmer, Tania Grihalva, and Coach Jeff Roberts.

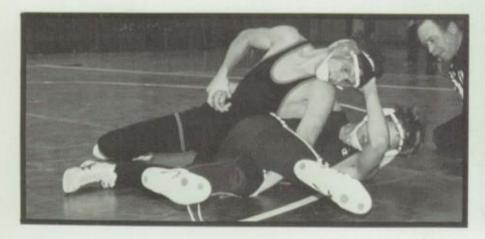
# Varsity Goes CIF

This years' Varsity wrestlers depicted the true definition of the words pride and determination. Talents like Tim Ige, a CIF champion and second in the state, and Dan Fitzpatrick, a league champion, helped inspire a great deal of this determination with their individual achievements.

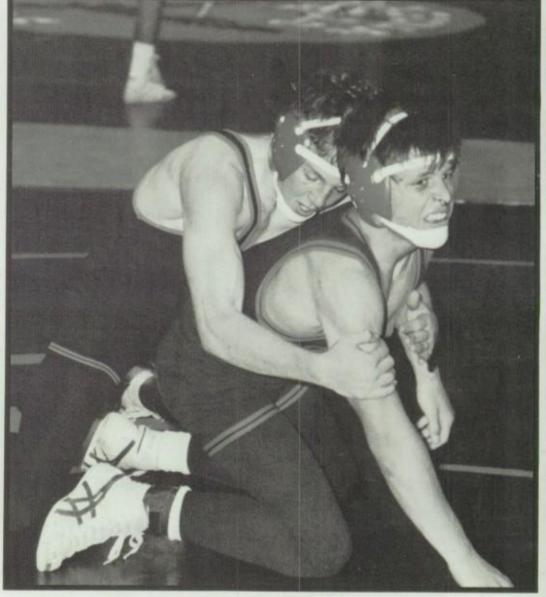
The Cougar Varsity team put in many long and tiresome hours of weight training and practice to precision, training in the off season, pushing themselves long into the day. With outstanding showings from Varsity players Kevin Petrisko and Steve Lawrence, this year's team placed in the top 10 in CIF play.

placed in the top 10 in CIF play.

"A fine group of athletes" would be the best way to describe the 1985 Capistrano Valley Varsity wrestlers. They should be commended for their accomplishments.



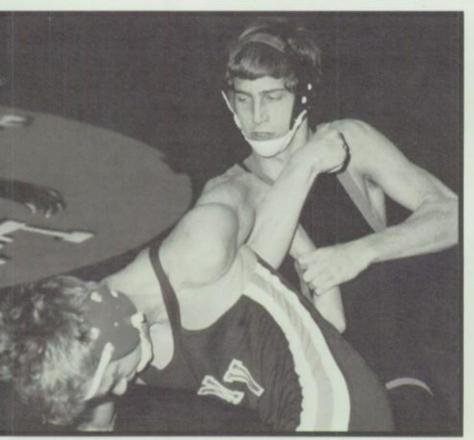
Wrestler John Wilson takes his opponent to the floor with ease.



The despair on Steve Lawrence's opponent's face is evident in this match.



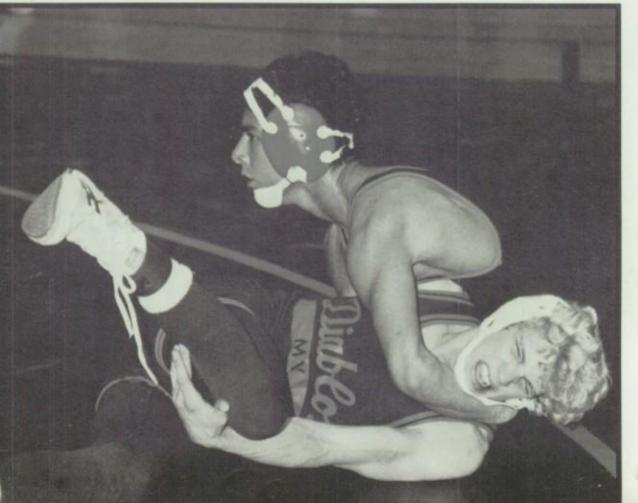
You know that Tim Ige's opponent is in big trouble when he reaches out for help.



Ken Virgin gets the upper hand in this match.



Kevin Petrisko struggles to bring his opponent to the mat.



Typifying Cougar dominance, Sergio Ortiz takes command of this obviously unprepared Mission Viejo Diablo.

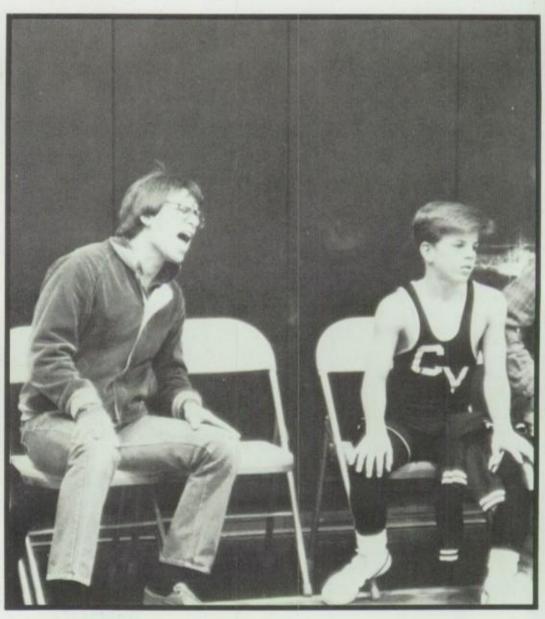


Frosh/Soph wrestlers are front: Bill Locke, Ron Bouley, Steve Beidler, Mark Perez, Chris Ashbach, Scott Haven, Curtis Hill, Eric Maldonado. Second row: Brad Haywood, Bill Leslie, Craig Painton, Mike Phillips, Pax Perez, Chris Mallonee, Mark Barnes, Jim Alvarado, Mike Davies, Joe Tuttobene, Tom Leslie, Mike Farrell. Top row: Jay Joyce, Rob Jellison, Terry Park, Brian Roberts, Trey Cherry, Dan Erickson, Troy Chollar, Sean Teer, John Remmell, Tom Tomczik, Dirk Nethers, and Coach McQueen.

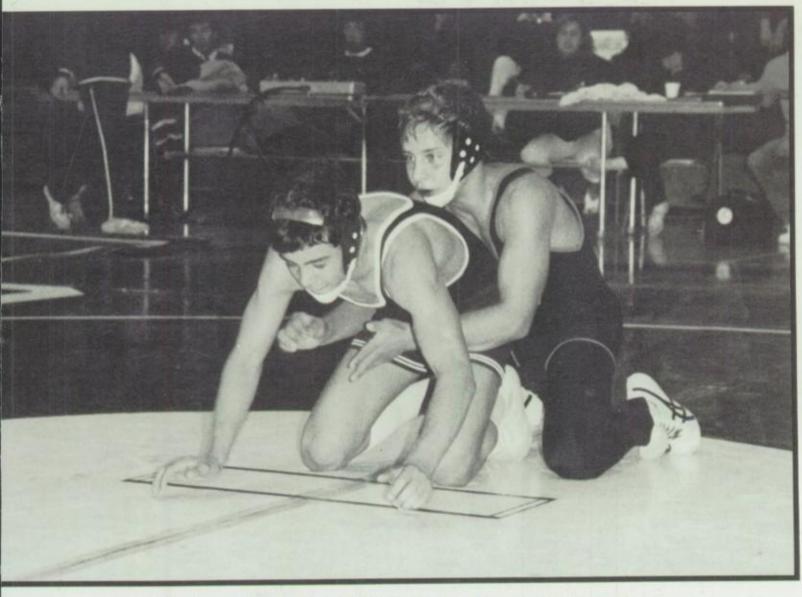
# Frosh/Soph Wrestling

This year's Frosh/Soph wrestlers picked up that Cougar pride that is so prominent here at C.V. Starting the year off with a major fund raiser (a push-up-a-thon), a combined effort with the varsity players, this year's squad went out and earned over \$3,000 for the team to begin the season.

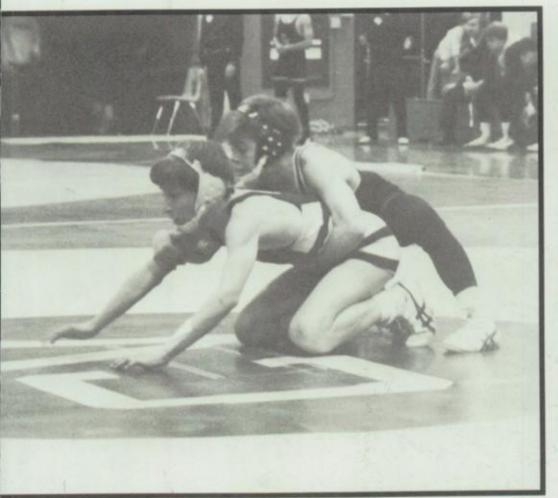
Jeff Roberts, a second-year Varsity coach for Capo had high hopes for those aspiring new athletes. "Wrestlers like Rex Vollmer, Mike Phillips, Dave Hynan and Mike Maciborski have shown exceptional talent this year," said Coach Roberts. But credit must be given where credit is due. The last two years since Coach Roberts has been with C.V., the wrestling teams have gone 28 wins and five losses. A very commendable record for the athletes, as well as the coaches. Good job Frosh/Soph and best of luck next year.



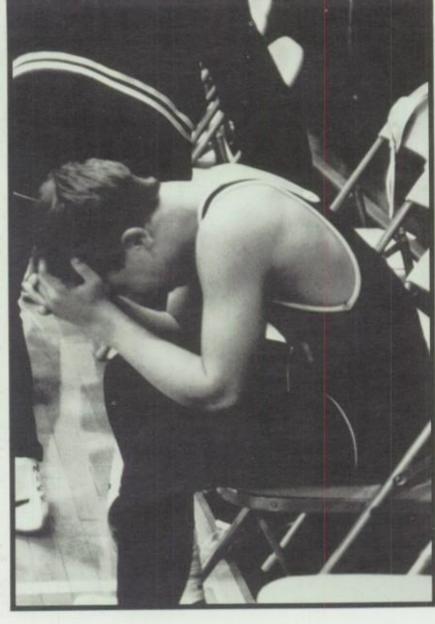
By day Coach Jeff Roberts is a mild mannered physics and biology instructor, but let this guy loose at a CV wrestling match and look out!



Going for another Cougar win, Bill Leslie gets the jump on his opponent.



He may be small, but Mike Maciborski always has the upper hand.

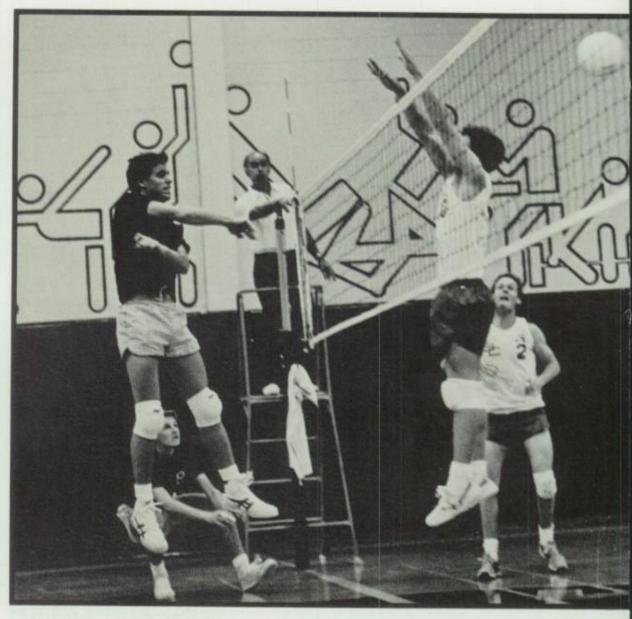


After an exhausting match, Leslie takes a breather.

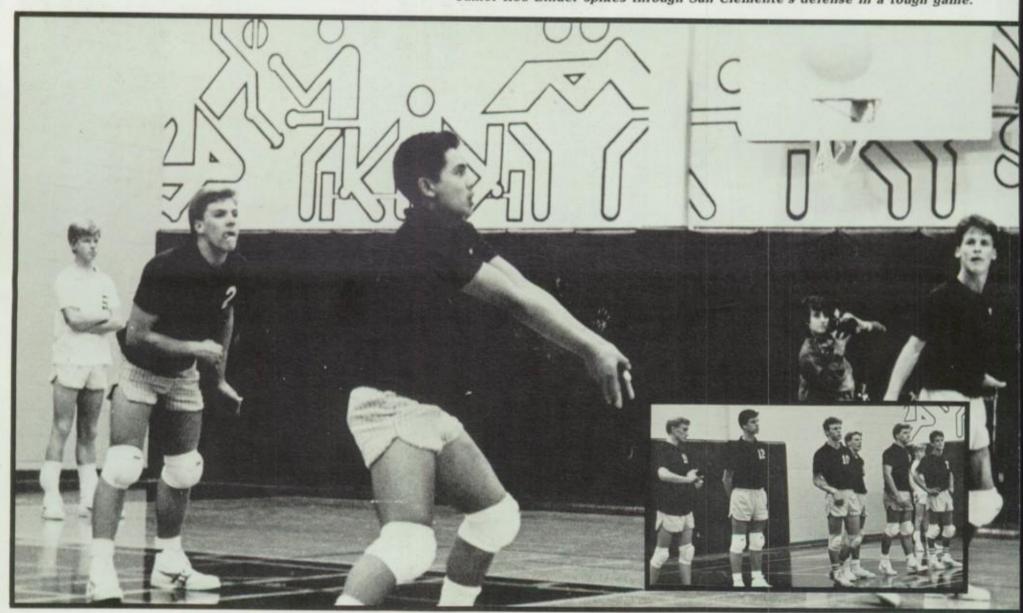
# Boys' Volleyball Success Endures

Two talented seniors, Neal Shaver and Mike DeNicola, led a volleyball team of outstanding juniors and sophomores to a successful season. Last year they had a victorious season, finishing second in league. These senior co-captains played exceptionally well, according to coach John Gipe. Neal, a threeyear veteran of the Varsity team, did a majority of the passing and helped lead a strong defense. Mike, a two-year member of the team, led the offensive team as one of the best setters. Another asset to the team was Junior Rob Binder. This was his second year playing on the volleyball team, and he proved to be a beneficial addition. Another talented player was junior Jeff Attaway. Jeff has been on the Varsity team for two years and has mastered the art of returning the ball with a lot of force.

The entire team had a winning attitude and they should be commended for their hard work. The future of the team looks very good. The Cougars are, and will continue to be the team to beat in the playoffs. For final season results, see Supplement.



Junior Rob Binder spikes through San Clemente's defense in a tough game.



Concentrating on returning the ball, Ronnell Balagot is unaware of his teammates. Inset: The Varsity team waits for the opponent to get set up. 114 boys' volleyball



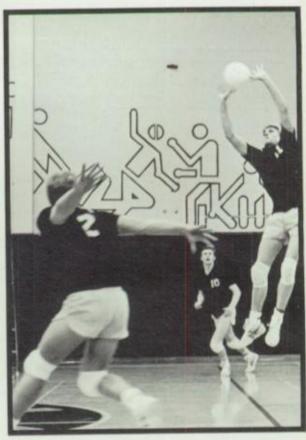
Frosh/Soph volleyball team front: Jeff Mays, Brett Beightol, David MacLeod, Doug Crandall, Billy Will, Ron Balagot. Second row: Richard Johnson, Chris Orlando, Gregg Orton, Eric Paxton, Sean Razee, Greg Lackerman. Top: Coach Dwayne Utterback, Jim Collins, Brian Orton, John Fosdick, Rob Krumwiede, John Blackburn, Tom Diersbock, Mike Montes, and Marc Garrison.



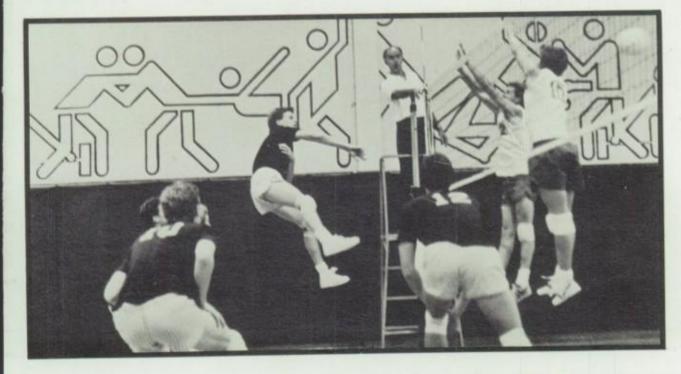
Junior Varsity volleyball team front: Anthony Banuelos, Larry Wagner, Steve Shaver, Scott MacDonald, Ken Binder, Brad Vaughan. Top: Coach Dwayne Utterback, Carl Nelson, Jeff Jackson, Kurt Riedl, John Davey, Tim White and Dave Brown.



Varsity volleyball team front: Ronnell Balagot, Kenny MacLeod, Karl Smith, Shaun Moore, Neal Shaver. Top: Coach John Gipe, Dwayne Hollo, Shawn Reed, Rob Binder, Jeff Duer, Jeff Attaway and Mike DeNicola.



Setter Mike DeNicola prepares to do his job. Co-captain Mike was a two-year member of the Varsity team.



In a tough game, Shaun Moore wins a point for his team by spiking into enemy territory.

## Varsity Plays Solid In A Tough League

As the spring air rolls into Mission Viejo, so does baseball. This year's team, under the supervision of Bob Zamora, looked solid, both at the plate and in the field. In pre-season play the Cougars were 3.4, but as the season opened an unusual event took place. Danny Blancett took the mound at San Clemente High School and blanked the Tritons, without giving up a single hit. Blancett was equally impressive while batting, going 3 for 5. His teammates, Matt Atwood and Keith Carey pitched in with three-run and solo homers respectively. At the beginning of the season Zamora said, "the only team I can really count out is San Clemente, but the other six teams in the league will be in a dogfight for the top spot it's a tough league." With outstanding play from Atwood, Blancett, Carey, Nathan Call, and Fred Yslas, the Cougars were a force to be reckoned with.

See supplement for final baseball results.



Senior hurler, Danny Blancett, fires the ball to the plate against Dana Hills. In the previous gam Blancett pitched a no-hitter as Capo thrashed San Clemente 11-0.



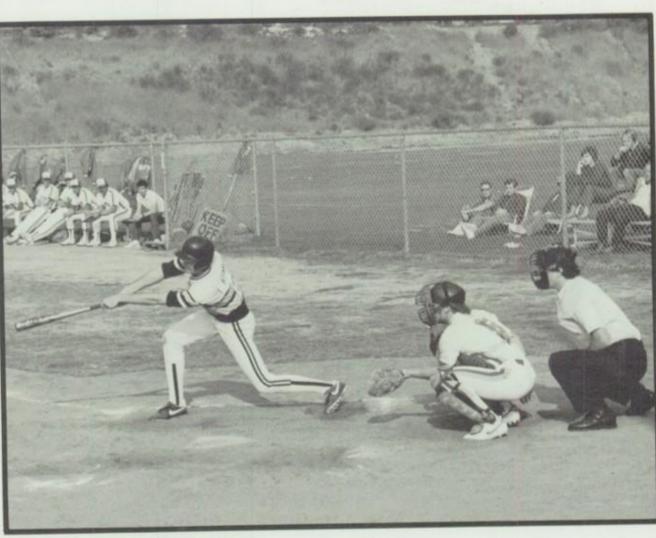
Varsity baseball team top row: Coach Craig Anderson, Nathan Call, Scott Stark, Tom Adams, Matt Atwood, Brett August, Marcel Durand, Rick Jones. Kneeling: Danny Blancett, Tim Richards, Keith Carey, Marshall Hudson, Fred Yslas, Jeff Kelley, Coach Bob Zamora.



Nathan Call puts the tag on a Mater Dei runner trying to stretch a double into a triple. Superior fielding plays like this were commonplace during the season.



Keith Carey squares around to bunt and move the runner from first into scoring position.

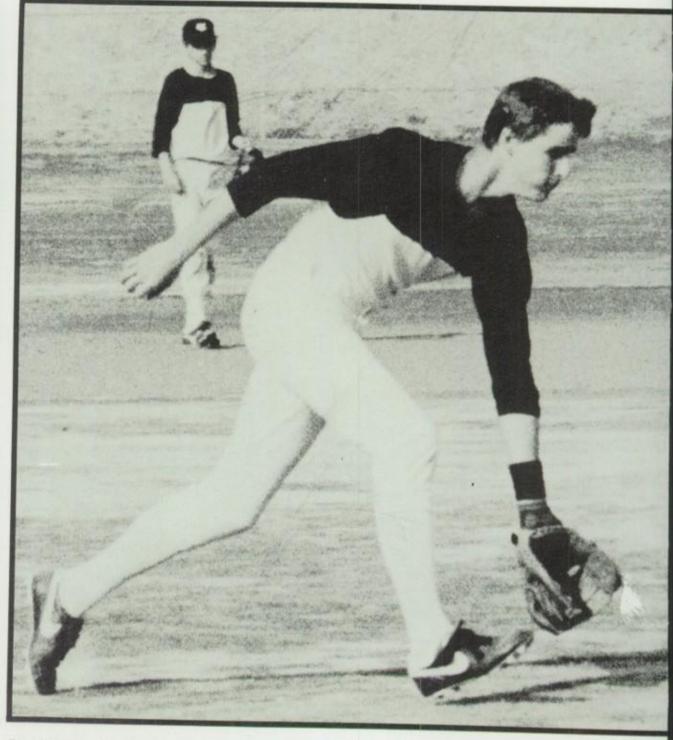


Scott Stark loops a fastball to the opposite field.

# JV—Young, But Strong

"We have a strong chance to take the league," said JV coach Mike DeGeer at the beginning of the season. He has a very young team that included three freshman starters, Charles Lockard, Bill Bardens, and Randy Stark as well as two members of last year's team who returned, Chad Engle and Rob Sheehan.

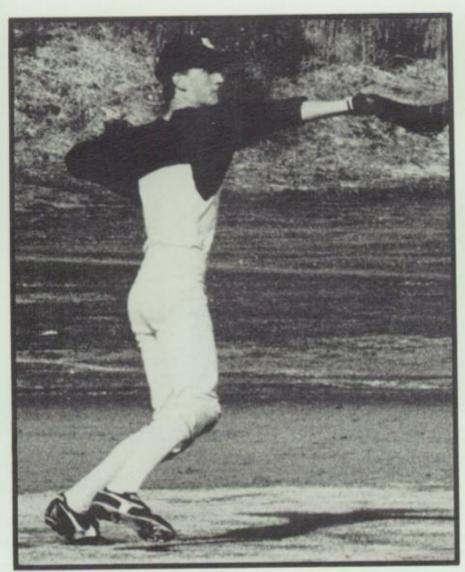
The team began the season with a 6-5 victory over San Clemente. The win gave them momentum as they entered their second game with Dana Hills. Last year, Dana and Capo finished in a dead heat for the league title. This year, in their first meeting, Capo and Dana fought to a 6-6 tie. Pitcher Brett Synder went the full nine innings on the mound, while J.T. Anderson helped out on the offensive side. He hit two doubles, driving home three runs. DeGeer feels that he has some "excellent players" this year and that they will eventually become a great varisty team. For final results see supplement.



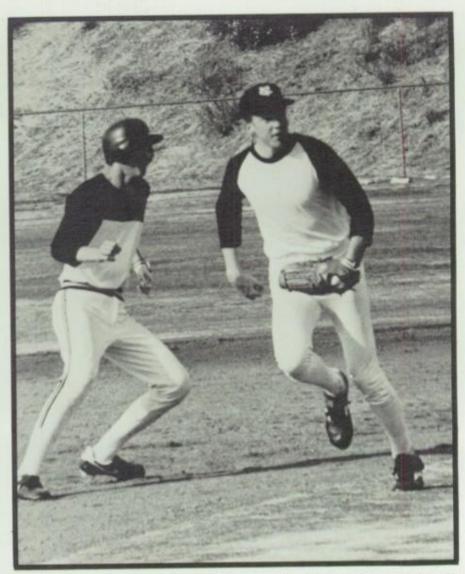
Brett Snyder bends down to field a ball hit to him during a practice game.



JV Baseball Team, kneeling: Joe Kindrich, J.T. Anderson, Dave Moore, Bill Bardens, Scott Pilger, and Charles Lockard, Standing: Coach Mike DeGeer, Chad Engel, Brent Parker, Brett Snyder, Randy Stark, Lance August, Casey Durham, and Assistant Coach Jeff Dobkins.



Charles Lockard fires the ball to the plate after making a brilliant catch.



Bill Bardens moves to his right to field the ball, while keeping the runner at second.



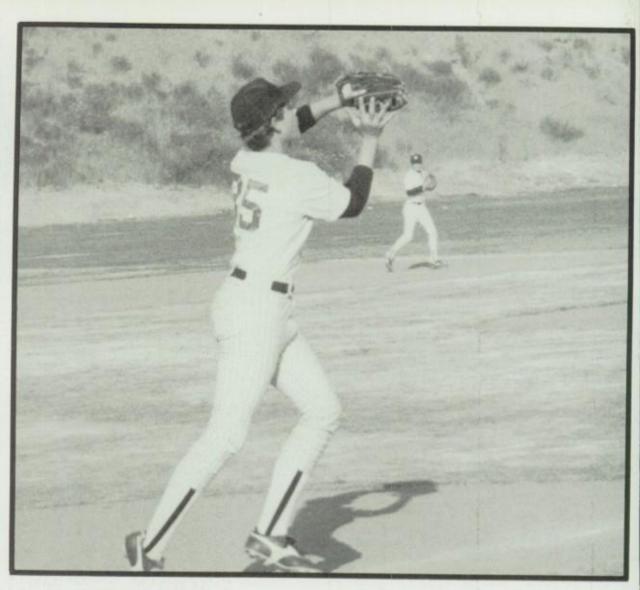
Coach Mike DeGeer exhibits some of the finer points of the game to his young JV team.

# Frosh Baseball Gains Experience

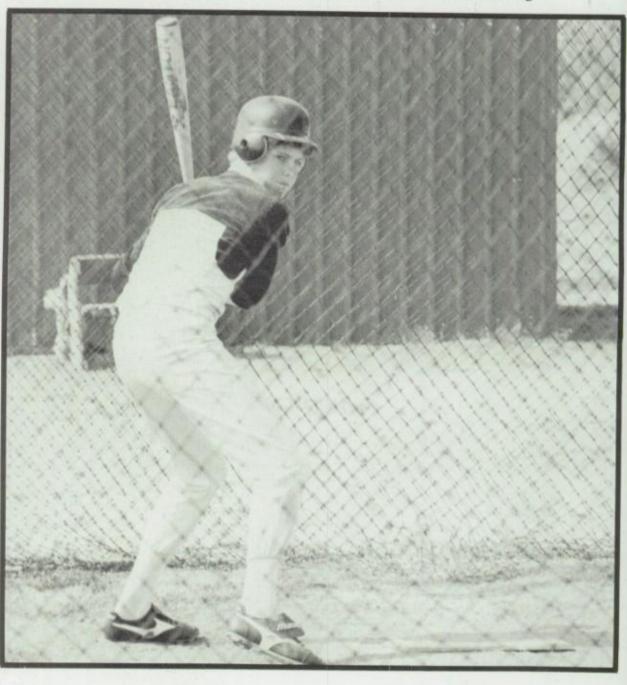
At the beginning of this year, new teacher Howard Cott was faced with a new challenge coaching Capo's freshman baseball team. He has had an excellent season in which some fine talent emerged. Among the superb players were Chris Ashbach, Chris Wend, Brad Haywood, and Jim Kemper. The team began the season with a solid 4-2 victory over San Clemente, but fell to Dana Hills 6-1 in their second game. Another victory led the Cougars to battle with the league's top team, Irvine. Cott's team played very well, keeping the score tied at three, until the Vaqueros broke loose with five runs in the final inning. Despite starting at 2-2 Cott felt that his team had an excellent chance to "be right in the race." This fine team will mesh well with the JV team and will surely produce a very strong Varsity team in the next two years. See supplement for final results.



Chris Wend races to first during one of Coach Cott's practice sessions.



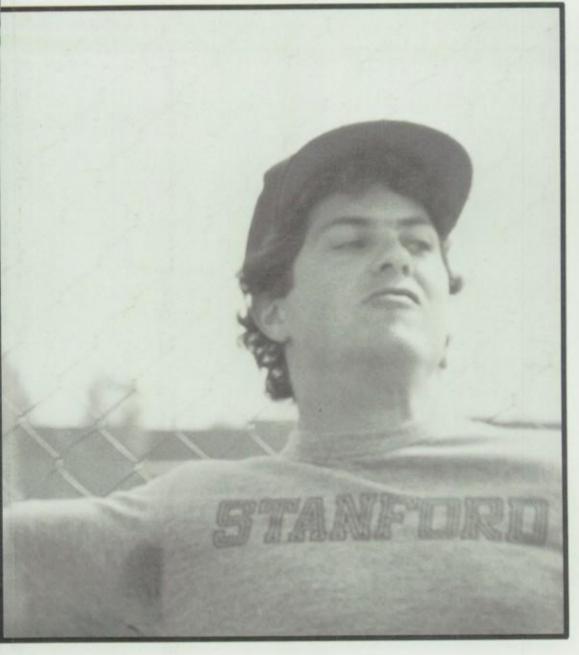
Chris Wend Pulls down a fly ball at third base to end the inning.



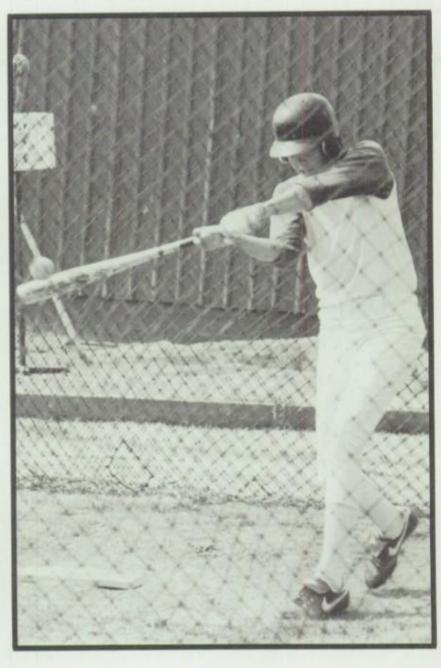
Chris Long waits for a pitch that he can hit during practice in the batting cages.



Freshman Baseball Team kneeling: Pete Brower, Brad Haywood, Marco Forster, Chris Ashbach, Chris Long, Robbie Pratt, and Derek Gingerich. Standing: Drew Carson, Jason Allen, John Sotter, Jim Kemper, Chris Wend, Perry Thomas, Rich Thomas, and Mike Stifter.



Coach Howard Cott grimaces as he throws the ball to one of his players in the batting cages.



In the batting cages, John Sotter connects with a pitch from Coach Cott.



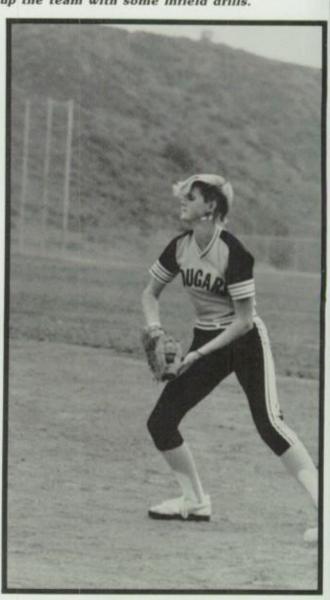
Gretchen Mitchell awaits her turn at bat by watching infield action.



Sherry Schmidt and her dad warm up the team with some infield drills.



Junior Varsity Softball team front: Sara Murillo, Jenny Schmitt, Tiffany Weeks. Middle row: Andy Patton, Trina More, Dagmar Wilder, Lisa LaRusso, Teresa Romero. Back row: Stacey Martnick, Kim McIntyre, Caylin Combs, Debbie McClellan, Julie Swain, Danielle Markas, Rosa Turi. Not Shown: Coach Ron Willms.



Receiving the ball, Belinda Bradshaw heads the ball towards home.

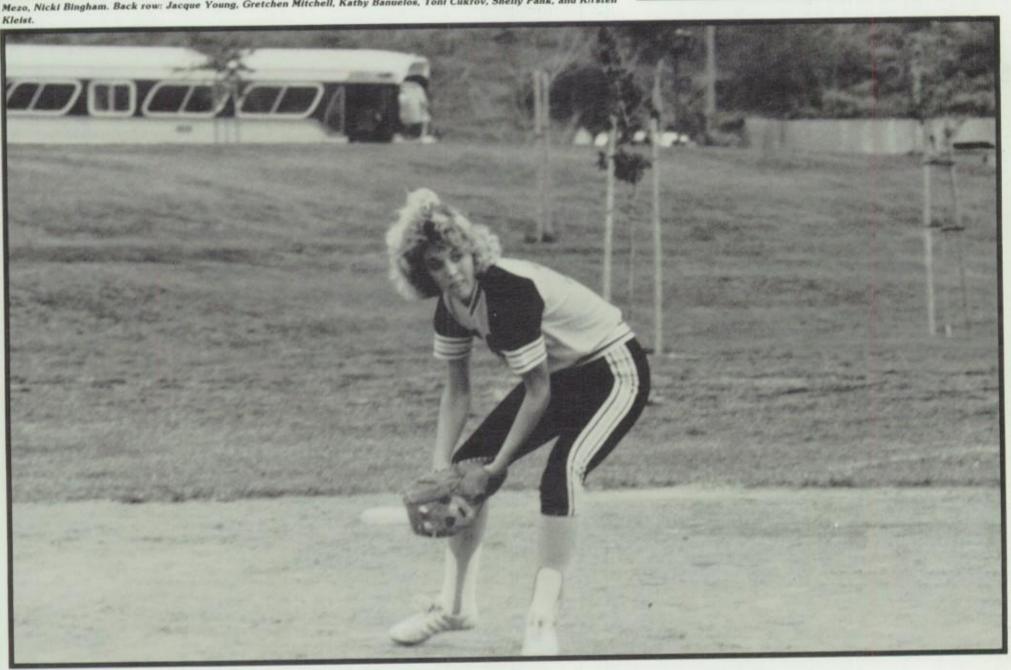
# CVIER COUGAR DUGARD DUGARD DUGARD DUGARD DUGARD DUGARD DUGARD

Varsity Softball team front: Sherry Schmidt, Kari Pucci, Mo Lowder. Middle row: Coach Randy Gish, Belinda Bradshaw, Kelly Mezo, Nicki Bingham. Back row: Jacque Young. Gretchen Mitchell, Kathy Banuelos, Toni Cukrov, Shelly Pahk, and Kirsten Kleist.

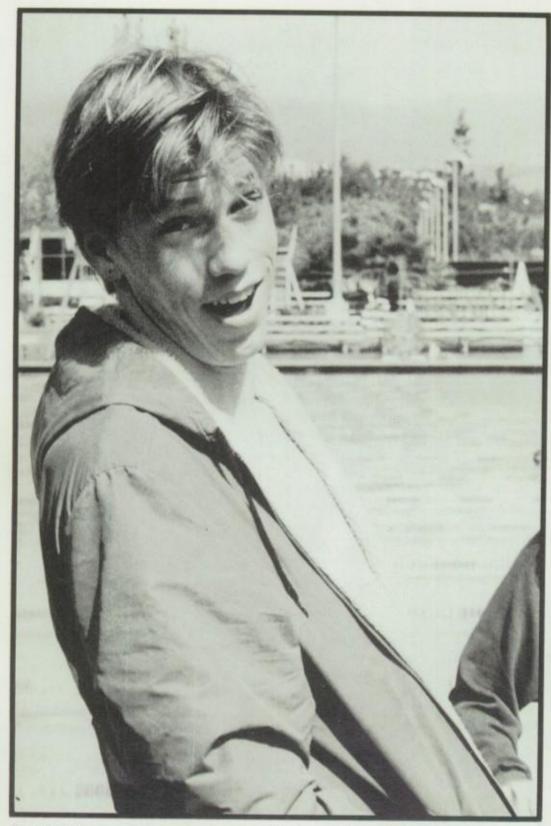
# Pitching and Swinging to Victory

This year's Varsity softball team had many new faces move up from last year's Junior Varsity team, as well as two freshmen — Kari Pucci (pitcher), and Mo Lowder (right field/catcher). There were only five returning players- three of whom were seniors. This is pitcher Toni Cukrov's last year, and her fast pitching for Capo will be missed after graduation. The biggest test of the team's ability was at the Woodbridge High School game, as they are ranked in the top five of the county. Varsity coach Randy Gish said, "We can be characterized this year by stating that we are a team. It will take all twelve players to make this team a winning team."

The Junior Varsity, coached by Ron Willms, was composed of many talented freshmen. J.V. was very strong with many players ready and able to move up to Varsity in the event of an injury. Through many hours of batting machine and outfield practice, both teams felt strong and together as a team. For final season results, see Supplement.



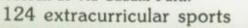
Picking up the grounder, Jacque Young prepares to throw the ball to second baseman Gretchen Mitchell.



David McCarty sports a winning smile before taking to the pool for his event. David is a member of the Mission Viejo Nadadores.



Victor Clesceri helps bring down a ball carrier during an after school game of football at Via Guadix Park.

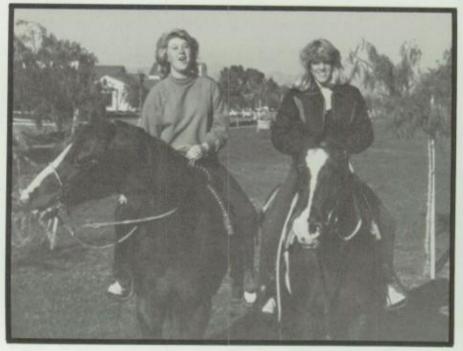




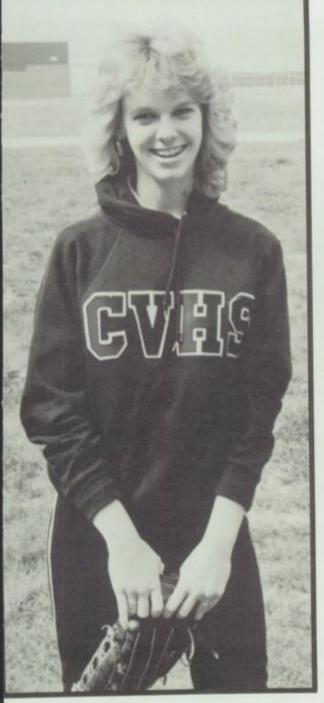
Roger Bruce takes aim on Dave Pietarila as they enter the water in Dana Point.



Attempting to earn his green belt, Jeff Markowski demonstrates a side thrust kick.



Shannon Clark and DeeDee Gates show off their horses before heading out for a ride.



Besides participating in high school softball, Christie Sprain also playes for a number of other

# Students Enjoy The Sporting Life

In this year's El Gato, the staff decided that while school sports are important, extracurricular sports deserve to be covered too. We have taken a sampling of the different sports people play outside of school in order to recognize some outstanding athletes that do not get the credit they deserve.

Our location in Mission Viejo is ideal, as it provides a chance for everyone to get involved in one sport or another. Our close proximity to the beach allows people to participate in many water sports such as sailing, surfing, or water-skiing. Scuba diving, too, is a popular sport that involves many of Capo's students. Roger Bruce and Dave Pietarila both enjoy exploring the world beneath the waves and hunting for abalone and lobster. Besides ocean activities, Mission Viejo and its recreation center system allows students to participate in sports ranging from raquetball and tennis to aerobics and swimming. One student who prefers the latter is David McCarty. He swims for the Mission Viejo Nadadores as well as the Capo team. He has had great success in swimming and hopes to compete in both the 1988 and 1992 Olympic Games. Unlike casual swimmers, David spends his time outside school and outside sleeping in the pool training.

One sport that can be readily enjoyed without large amounts of practice is football. Because of the large number of grassy fields in Mission Viejo, Victor Clesceri and his friends find a tough game of football both exciting and easy to master. Jeff Markowski, however, finds a more difficult sport exciting. Karate is Jeff's sport at which his is a green belt. He hopes to reach the level of black belt and teach classes in self-defense at one of the area's many gyms. Some popular sports allow their participants to conquer the elements and nature, like skiing. Others allow their participants to work with nature, like horseback riding. Shannon Clark and Dee Dee Gates say, "the involvement and atmosphere (of horseback riding) is something we enjoy, but the relationship that grows between you and your horse is something you can't explain . . . "While Shannon and Dee Dee ride horses, Stanley Hortinela rides a bicycle. His passion for biking is only surpassed by his love of competition. He rides almost every day and competes in many "middle-distance" road races. Stanley stays on the road, but many others take to the field for their sports. Club soccer, little league, and softball are all catered to by Mission Viejo's many well-groomed fields. Despite her involvement with high school softball, Christie Sprain enjoys playing Bobby Sox as well. She, like many other Capo students, is involved with extracurricular sports.

To these and all the people who dedicate themselves to school as well as sports, but re never recognized, we recognize you. Keep it up!



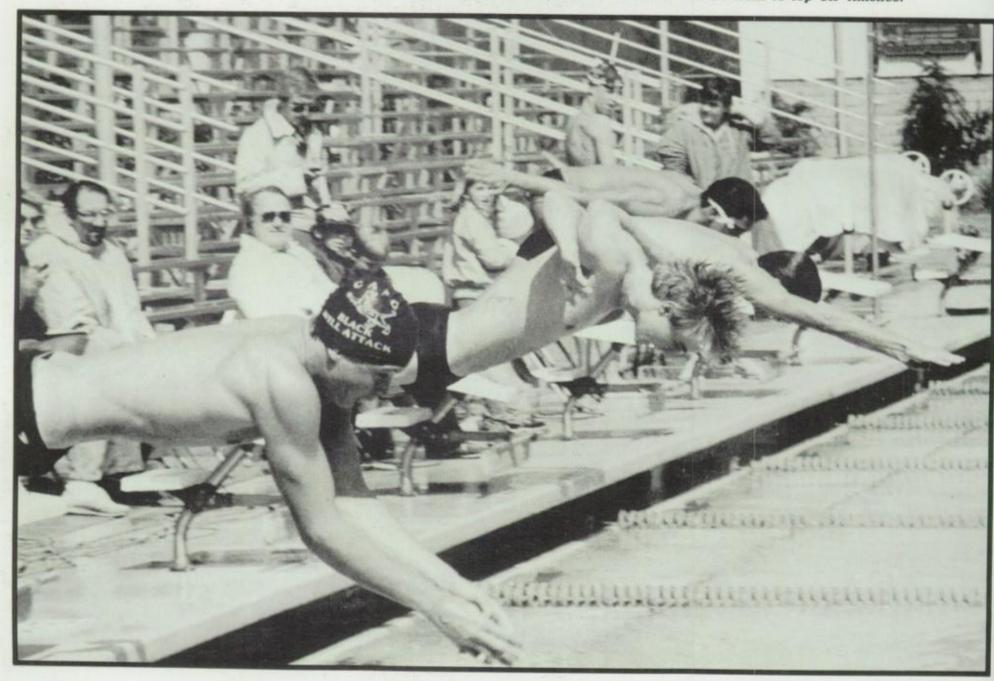
Stan Hortinela flies around a corner near his home, while training for another of his many bicycle races.

# Boys' Swim Team Boasts Many Talents

The boys' swimming team took league and CIF competition seriously with strong senior leadership by CIF finalists Kim Dellota and senior Captain Jeff Werkmeister. Senior Ron Sprouse gave depth and leadership to the team in the sprint free, backstroke and breaststroke events. The addition of Irvine and El Toro to the South Coast League brought stiff dual meet competition. The Cougar underclassmen met the challenge with junior CIF qualifier David McCarty and Robb Hiner, sophomores David Stephens and Mike Welch, and freshmen Joe Kennefick, Jeff Thomason and Don Flood to conclude with a very successful season. For final results, see Supplement.



Junior sprinter Robb Hiner led his team to top CIF finishes.



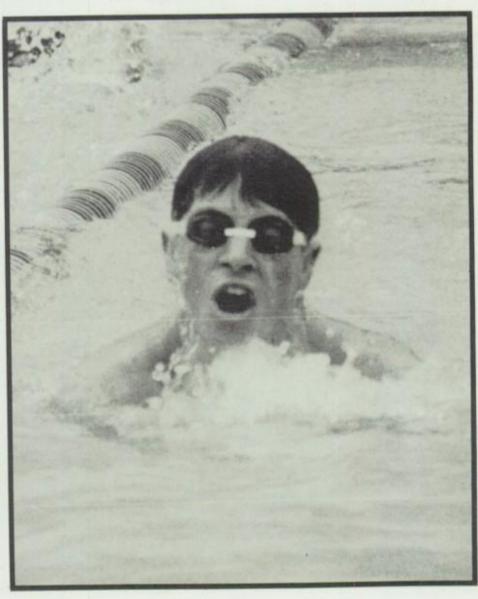
Freshman Jeff Thomason competes with senior Ron Sprouse in the 50-yard freestyle.



Boys' swim team front: Mike Welch, Ron Sprouse, Scott Rutherford, Colton Ashby, Mario Montero, Ralph Bunch, Devon Cox. Second row: Van Johnston, Chris Bott, Steve Burch, Damian Orozco, Joe Kennefick, David Klein, Steve Saporito, Steve Williams. Top row: Jeff Werkmeister, Alan Bernardo, Stan Curtis, Head Coach Terry Stoddard, David McCarty, Robb Hiner, Jeff Thomason. (Not pictured Kim Dellota and David Stephens)



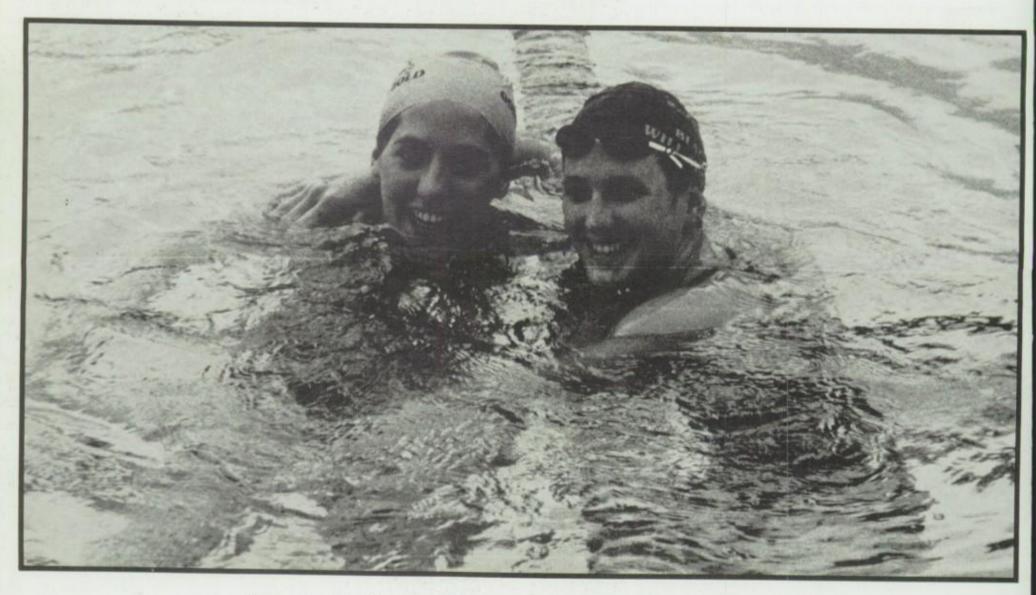
Senior Ron Sprouse swims the fly leg of his 200 meter individual medley.



Senior Captain Jeff Werkmeister takes on the competition in his specialty: the 100 meter breaststroke.



Girls' swim team are front: Chris Carey, Erin Griffin, Lisa Hecker, Head Coach Terry Stoddard, Kim Lau, Christy Ramos, Liz Jordan. Second row: Sharon Eggert, Jane Cairns, Stephanie Beck, Karla Goltman, Amy Beier, C.C. Ortiz, Jill Bright. Top row: Kim Kahler, Tammy Burch, Melissa Skinner, Carol Felton, Lisa Bowman, and Nicole Burch.



Sophomores Lisa Bowman and Melissa Skinner exchange congratulations after their race.

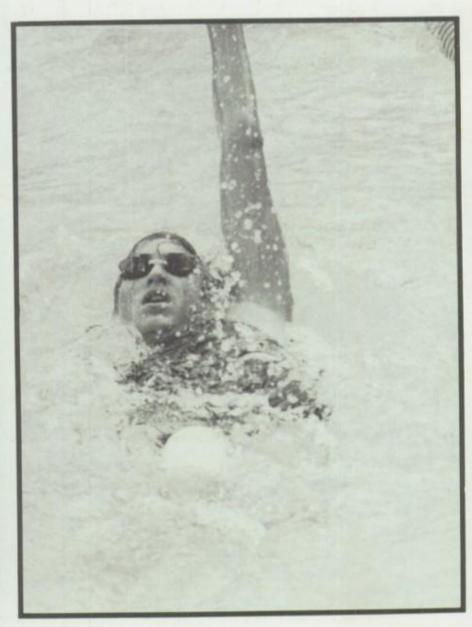
niors Tammy Burch and Ron Sprouse discuss strategy for the ld team in the intersquad meet early in the season.

# Talent Surfaces With Girl Swimmers

Spirit and enthusiasm seemed to be the most noticeable factor in the Cougar Girls' Swim season. Senior Captain Tammy Burch competed for her fourth season as a Cougar CIF qualifier. Karla Goltman, senior diver, combined with Burch for the team leadership through tough league dual meets and CIF championship competition. The Cougar girls' tradition of five years as runner-up in CIF 4-A championships provided the experience for another top finish. Along with Goltman, divers Lisa Hecker and Christy Ramos added important points in CIF. The depth this year was strong with underclassmen Jill Bright, Amy Beier, Jane Cairns, Sharon Eggert, Lisa Bowman, Carol Felton, Nicole Burch, and Melissa Skinner carrying the team to a very successful season. For final results, see Supplement.



The Senior Captain Tammy Burch readies herself for the race ...

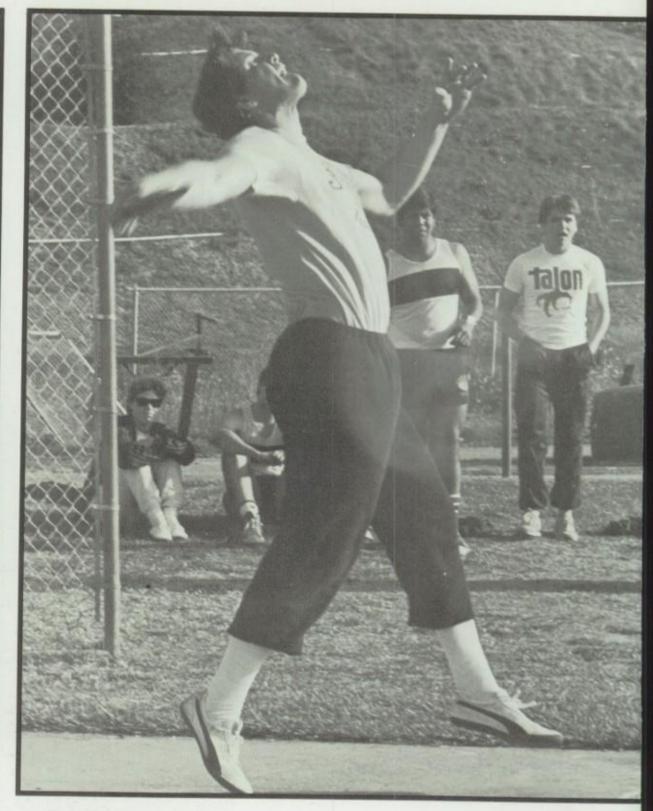


... and trains hard for her fourth year of CIF competition.

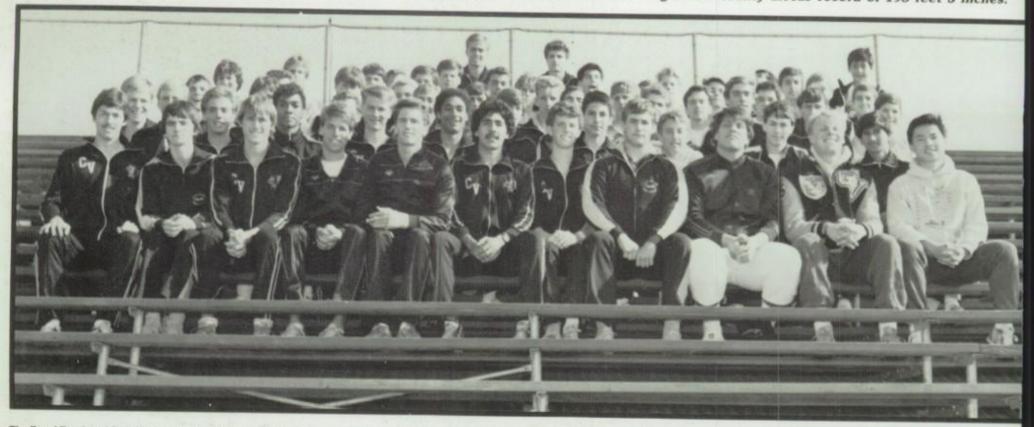
# Boys' Track Flies Fast And High

Capo's 1985 Boys' Track and Field Team, under the direction of Coach Tom White. promised to have their best year ever. Coach White invested a lot of time and energy into reconditioning Capo's ailing track record as well as acquiring new uniforms. Track and Field season was highlighted by outstanding performances from senior shotputters Brian Blutreich and Ken Felix. Another contributor as a sprinter and hurdler was Dan Daley. Augustine Gutierrez and Mike Maynard, both distance runners, brought in outstanding performances. In short distance, Danny Curtis, Dave Myers and Darin Zimmerman made a great contribution to this year's team. These individuals won medals at the Santa Ana College meet which was their first performance this year.

Brian Blutreich contributed with a county discus record of 198 feet and 3 inches. The team this year was invited to four invitationals and Coach White anticipated some outstanding performances, individual as well as a good overall showing by the entire team. For final season results see Supplement.



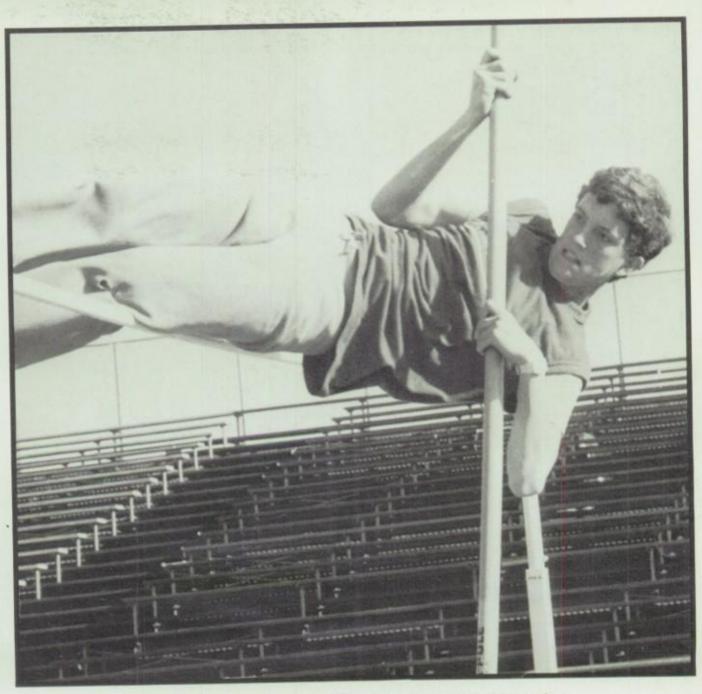
Brian Blutreich is seen here setting a new county discus record of 198 feet 3 inches.



The Boys' Track and Field Team consist of first row: Darin Zimmerman, Grant Winslow, Brian Simington, David Myers, Mike Maynard, Augustine Gutierrez, Jeff Evans, Eric Duclos, Kenny Felix, Dan Daley, BJ Chol. Second row: Darryl Van Dorn, Jim Wilks, Rocky Sherman, Jim Fox, Don Collins, Jason Holmberg, Steve Thomas, Allen Denison, Rajeev Khamamkar, Third row: Tim Pratt, Brian Nayler, John Clune, Steve Polti, Miguel Perez, Ryan Morse, John Knettles, Bill Heffernan, Reed Chesworth. Fourth row: Ken Gibson, Ken Nolen, Mike Attaway, Scott Head, Russ Fike, Richard Grant, Doug Rosa, Sean Fairburn, Darin Frank, Rick Fratus, Scott Moore. Fifth row: David Laughter, Devin Contreras, Matt Levey, Tom Thomason, Bill Page, Dave Viggiano. Sixth row: Brandon Stephenson, Robert Judikinas, Dirk Nethers, Mike West, Jamie Kwast, Dave Reyburne, Chris Vollmer, Craig Rebeck. Seventh row: Dan Curtis, Todd Rodriguez and Todd Belghtol.



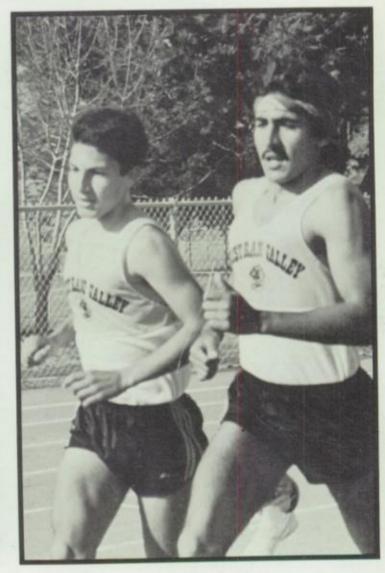
Grant Winslow concentrates on perfecting his ump in pre-season practice.



Jeff Evans strains to get clear of the bar in the pole vault.



Dave Myers, Darin Zimmerman, and Dan Daley set themselves for a warmup sprint.



Jason Holmberg and Augustine Gutierrez share the lead during the two-mile at the San Clemente relay.



The Girls' Track and Field Team consists of front: Angela Powell, Kim Dipsiner, Kristen Kulow, Larissa Roostee, Corina Weiler, Adrienne Lezama, Karen Nance, Jena Brawner, Kim Brower and Jill Linhart. Second row: Kymme Jensen, Jerri Jakubka, Janell Jakubka, Hotosa Ebrahimzadeh, Stephanie Mays, Heather Schoeny, Jenny Maynard and Janice Fiamengo. Third row: Susan Moncur, Jennifer Bley, Susan Kang, Vilma Guerrero, Janice Ahlman, Kristi Scholten, Julie Merritt, Kelly Murphy, Nicole Leonard, Trina Martino, Julie Crandall, Elaine Maz, Debbie Leonard, Leigh Curtis and Dawn Barlow. Fourth row: Rebecca Roper, Savy Ngoy, Angle Volkman, Shari Mazola, Jeanene Fox, Meredith Bodner, Kirsten Chong, Karen Stuetz, Roshan Shenasi, Gwen Elliott, Pong Chen and Kimberly Unrien. Fifth row: Suzy Platt, Laura LaFlamme, Kris Sekeris, Pam Gladden, Amy Kovacovich, Jackie Stephens and Kelsey Allen.



Larissa Roostee shows her form as she takes a hurdle during track practice.



Dawn Barlow, Cheryl Reyes, and Adrienne Lezama take a warmup sprint before an important meet.



Kristen Kulow gets a lot of air time in her long jumps.

# Interest Peaks As Girls Succeed

This year, Capo Valley had a great turnout for the Girls' Track and Field Team. The large number of girls made possible the excellent performances which occurred throughout the season. One team member who did especially well was Kim Dipsiner, who runs the mile relay, mile, half a mile, and the hurdles. Her Cross Country team experience has given her much of her running endurance. Her versatility is a great contribution to the team. Karen Nance, a short distance runner, Kim Brower, hurdler, and Angela Powell and Corina Weiler as the long distance runners were other outstanding athletes. These girls worked very hard at practices and it showed in competitions. Combined with the boys' team, both teams beat San Clemente in an early season meet. Coach Elecciri and Coach While both had high expectations for the season. For final results see Supplement.

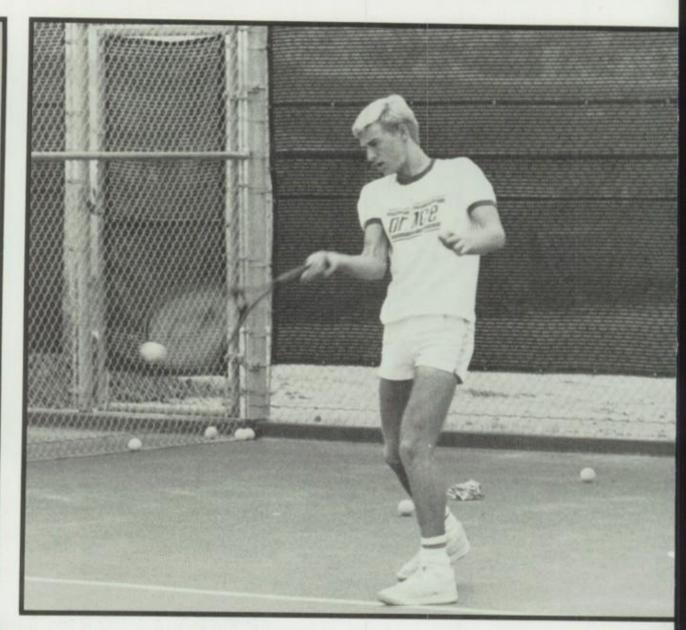


Corina Weiler and Angela Powell prepare for the girls' two mile against San Clemente.

# Tennis Races For League Title

The Cougars' Varsity Tennis season looked to be on the verge of being a winner. With returning four-year veterans Grant Hein, Sonny Ali, and Mike Servas, they seemed to be well on their way to being contenders for the league title and CIF playoffs. According to Coach Schmitz, the Cougars "had a definite shot at the league championship."

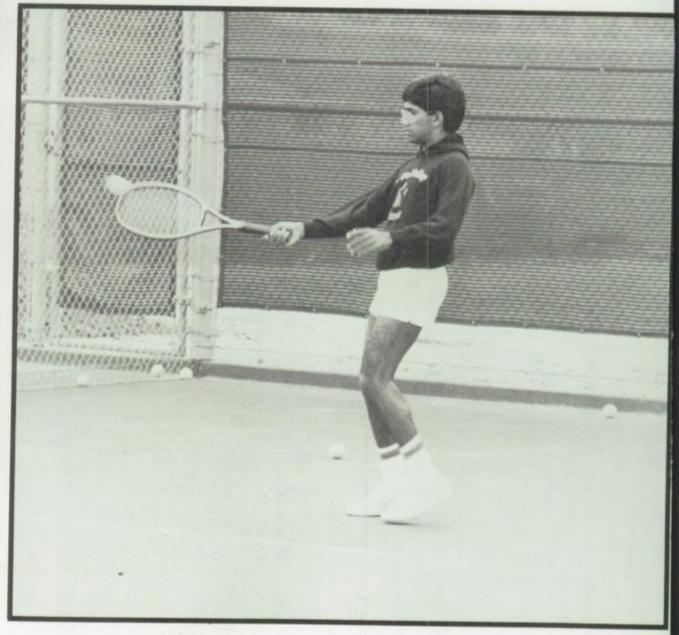
The Junior Varsity boys, although a rather young team, also showed great promise. With the guidance of Coach Pederson, much experience was gained. For final season results, see Supplement.



Four-year Varsity letterman Grant Hein concentrates intently on this winner from the back cours



Freshman Brendan Roberts volleys for the point!

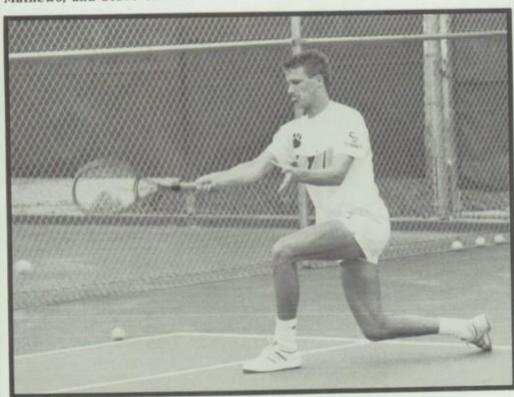




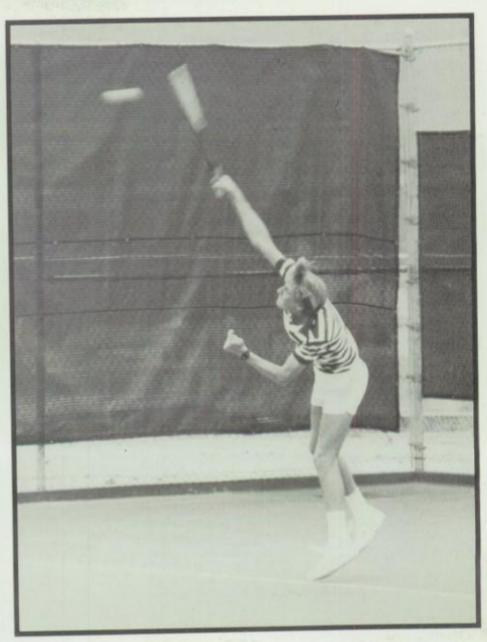
Varsity Tennis Team front row: Mike Servas, Scott Walcavich, Piush Vidyarthi, Fred DeSota and Sonny Ali. Back row: Steve Sprinkle, Blake Denison, Alaric Jura, Jamil Atcha, Grant Hein and Coach Robbie Schmitz.



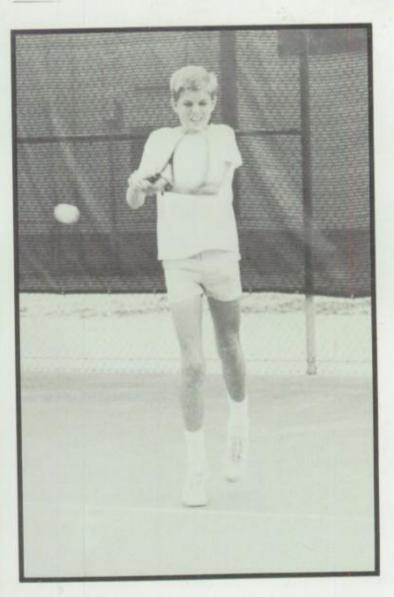
J.V. Tennis Team front row: Mike Quaranta, Richard Chavez, Brett Thurlow, Brendan Roberts, Gary Russillo and Tim Brooks. Back Row: Lion Jacobs, Kevin Roberts, Jon Wisson, Coach Kern Pederson, Erik Wendehost, Kurt Mathews, and Steve Shabro.



Scott Walcavich shows extreme finesse in returning passing shots.



With awesome power, John Wisson demonstrates his serve.



Kurt Mathews puts forth great effort on his developing backhand.

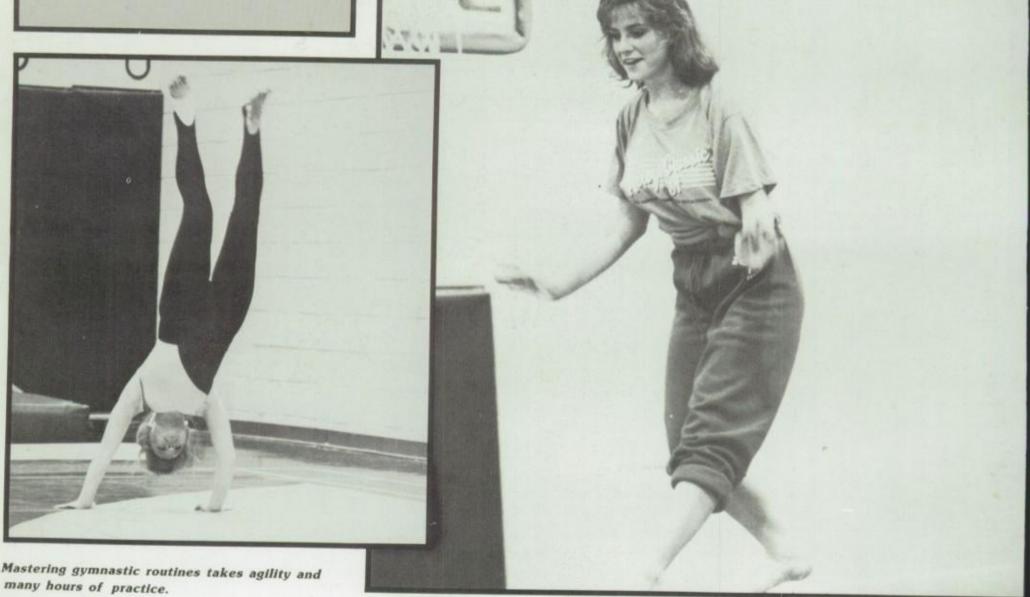
# **Gymnastics** Team Continues **Tradition**

The gymnastics team had much to live up to this year. Being the CIF-quality team that they are, every year presents a new and more exciting challenge. The Cougars are especially known for their floor routines, which give them point advantage in competitions.

With champions like Lesley Fredericks and Jamie MacDonald, the Cougars mounted a winning team. Lesley has been voted most outstanding gymnast in her last three years on the team. In addition, she was a team as well as an individual finalist in CIF competition. Jamie was a CIF team finalist for the past three years as well as an individual prelims finalist. With so much talent, they have the ability to go all the way. For final season results, see Supplement.



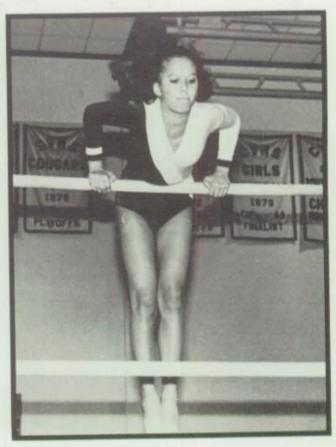
Tracy McCraw and Shelly Avdeef wait for the team to set up for the gymnastics picture.



many hours of practice.



Gymnasts are front: Lisa Kennedy, Tiffany Welch, Nadia Ince, Kathy Kosmowski, Michelle Barland, Becky Brokken, Tracy Cole, Kelli Donathan, Maria Leviste, Jennifer Gediman, Suzie Paquin-manager. Top: Coach Debbie Cunningham, Patti Reinitz, Jenny May, Cindy Hoyt, Christa VerWayne, Misty McCraw, Jamie MacDonald, Lesley Fredericks, Shelly Avdeef, Tracy McCraw, Stephanie Cohen, Jane Madera, Angela Marbery, and Coach Cree McCook.



Michelle Barland concentrates on the parallel bars while the judges concentrate on her.



Tracy McCraw spots the mat while executing a vault.



Surfers Ride Waves to Victory

This year's surf team, under the direction of coach Bill Steinriede, turned in an impressive season. Mike DeNicola claimed the South Coast League championship on December fourth in San Onofre. We congratulate all team members on their performances. These members include above front: Scott Bukow, Mike DeNicola, Casey Hird, Terence Savas, Jon Wehrli, Kenny MacLeod, Duane Havourd, Brian Linn, Kevin Gardner, Top: Brian Lowe, Todd Phillips, Sergio Ortiz, Ivar Austin, Geoff Stepien, Greg McCaughey, Peter Oreskovich, Glenn Chivens, Manuel Lujano, Gerry Jolly, Heather Gross and Coach Steinriede.



Mike DeNicola shreds this wave to pieces.





Gay Heinaman starts down the course at the ski team's first competition, where she placed first.



# Ski Team Swooshes Into Capo

Capo Valley's newest athletic competitors, the Ski Team, are sponsored by Coach Debbie Cunningham and the Boy Scout Explorers. The team is composed of six racers, both guys and girls. Each team is ranked according to the total of the race times. Both the guys and girls are ranked separately too. They started this, their first year, with great results. The first race of the season (after many cancelled meets due to poor weather) took place at Goldmine where they placed second overall out of five teams. Gay Heinaman placed first and Janice Bugna placed second out of all the girls competing in the race. Terrific effort was given by everyone, especially those who had the butterflies from lack of racing experience. Robert Stewart, Curtis Paradzick and Tony Romano did quite well even though they did not place in that race. Other ski races were planned for Snow Valley and Mt. High. For final season results, see Supplement.

Ski team members (left) include top: Wendy Janssen, Janice Bugna, Gay Heinaman and Coach Debbie Cunningham. Front: Brian Reeves, Robert Stewart, Curtis Paradzick, Marc Hayes. Not shown: Tony Romano.

# Golf Team Drives to New Records

This year's golf team has been a pleasant surprise. They began their season with a school record and an upset victory over preseason league favorite San Clemente. Coach Steinriede was very happy with sophomore Steve Runge's early season performance. Although golf is not a very popular sport here at Capo Valley, all team members deserve a pat on the back; good show guys! For final season results, see Supplement. This year's team consists of top: Chris Howard, Steve Runge, Coach Bill Steinriede, Curt O'Brien, Steve Wienker. Front: Mike Props, Dean Riggs, Kanta Katayama, Don McIntyre.

# **Outstanding Athletes**

# Nathan Call

\*\*\*\*

Football quarterback Basketball guard Baseball third base Born: 2/10/68 in Newport Beach, CA Hobbie: athletics



Biography: Nathan, who idolizes his older brother Wayne, plans to attend a four year college via an athletic scholarship. With his list of accomplishments, he is almost assured of earning an education on the sporting field. Nathan was the top assist man in basketball, a sport in which he was a first team All-League pick. He also has some impressive honors because of his performance on the gridiron. He was a second team All-League pick and the number three ranked passer in the county. The highlight of Nathan's sports career, however, was playing in the Los Angeles Sports Arena during the basketball semi-

Because of his outstanding accomplishments, Nathan was chosen by a coach's poll as this year's "Best All-Around Athlete.'

# Kim Dipsiner

\*\*\*\*

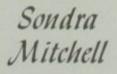
Track mile, 880, hurdles, 3-mile cross-country course, mile relay

Born: 1/9/67 in St.

Louis, MO

Hobbies: cycling, skiing, bodysurfing

Biography: Kim has collected the Most Improved Award on four different occasions: cross-country, varsity soccer, JV soccer, and track. She was MVP on the cross-country team and was also team captain. She hopes to run on the track team for Cal State Fullerton, but more immediately to run in CIF. The highpoint of her Capo sports career was running 19 minutes on a 3-mile cross-country course for the first



\*\*\*\*

Tennis #1 singles Born: 4/1/67 in Orange, CA

Hobbies: playing piano, cooking

Biography: Sondra has been probably the best girls tennis player Capo has ever known. She has been the team's Most Valuable Player in her freshman, soph omore, junior, and senior years. She was the South Coast League Co-Champion in 1983 and won the title outright in 1984. This year she lost only one of her 36 sets. In her senior year, she won the CIF title in singles play. Her future plans include attending San Diego State University and playing on their tennis team.



# Brian Blutreich

\*\*\*\*

Track & Field discus.

Born: 1/5/67 in Newport Beach, CA

cus, weightlifting

Hobbies: shotput, dis-Biography: Brian holds many shotput records, not only at Capo, but across the state. He has been the shotput champion in the South Coast League, CIF, Southern California; and the state of California; he also holds a county record in the discus. As an All-American, Brian hopes to continue his success and be both NCAA and Olympic Champion in the shot put. Brian was the first state champion at Capo and he cites this as the highlight of his sports career. UCLA's

champion shotputter Brian Muir is his idol.



Based on a poll of athletic coaches, the following students were selected to represent the excellence of Capo's athletic programs.

### Tom Manley

\*\*\*\*

Basketball forward Born: 4/8/67 in Richmond, VA

Hobbies: playing bas-

ketball

Biography: Tom, like his idol Michael Jordan, plans to participate in college basketball. He has won the JV Captain's Award, the JV Most Valuable Player Award, and has played on the High School Nationals Team in Las Vegas, but probably the most important of his honors was his election as the "Player of the Week" by the Los Angeles Times.



### Lesley Fredericks

\*\*\*\*

Gymnastics vault, floor exercise, uneven bars, beam

Born: 7/21/66 in Van

Nuys, CA

Hobbies: skiing, fishing, dancing

Biography: Lesley has been the gymnastics team's Most Valuable Player in 1982, 1983, and 1984. In 1983 she won first place on the beam in the CIF competition and placed third overall. She plans to go to college on a gymnastics scholarship and lists as her career's highpoint, the gymnastics team's first place finish in CIF competition.

### Pam Pressley

\*\*\*\*

Volleyball middle blocker

Born: 1/25/68 in Van Nuys, CA

Hobbies: going to the

beach, beach volleyball Biography: Pam played on the JV level in her freshman year, collecting the Most Improved Player Award. In her sophomore year she jumped to varsity and promptly won the coach's award. This year she added to her collection of honors by racking up the Most Valuable Player and Athlete of the Week Awards. Pam plans on attending the University of California at Santa Barbara and majoring in either communications or physical education. Pam cites Mr. Nealy as her idol.



Tim Jge

\*\*\*\*

Wrestling 135 lb. weight class

Born: 4/18/67 West Covina, CA Hobbies: wrestling, bi-

cycling, surfing



## **Outstanding Athletes**

### Kenny Felix

\*\*\*\*

Football center Born: 10/21/66 in Montebello, CA Hobbies: basketball,

drawing, music

Biography: The highpoint of Kenny's sports career was making all the "First Teams" possible Coast League, Orange County, and CIF. He was elected Most Valuable Player on the varsity football team. Kenny's idol is Anthony Munoz. He plans on starting on the Oregon State football team, from whom he has received an athletic scholarship.

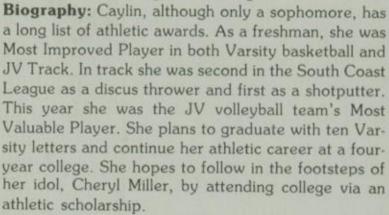


### Caylin Combs

Basketball center Track shotput, discus Volleyball spiker Born: 11/12/69 in Ar-

cadia, CA

Hobbies: snowskiing, waterskiing





\*\*\*\*

Swimming individual medley, breastroke

Born: 12/25/66 Fullerton, CA

Hobbies: swimming

Biography: Kim played waterpolo as a sophomore and promptly became his team's MVP. He later went on to participate in another sport in the pool swimming. There too, he excelled, taking third place in the Junior Nationals in the 1500 meter freestyle. Kim plans to attend Cal-Berkeley after graduating from Capo. Although his success has thus far been on Earth, he hopes to be piloting the Space Shuttle within 10 years. The highlight of Kim's sports career at Capo Valley was "helping the team place 4th in CIF and a third place finish in the 400 meter freestyle relay."



\*\*\*\*

Swimming individual medley

Born: 12/17/66 in Riverside, CA

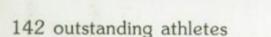
Hobbies: running, ski-

ing, sewing Biography: Tammy has been a CIF swimming qualifier and finalist during all of her years at Capo. She has been named team captain for two years because of her "outstanding leadership," said her coach Terry Stoddard. She is a member of the existing National Record holding Medley Relay Team and has received numerous swimming scholarships including ones to such prestigious schools as Rice and Cal Berkeley. Tammy hopes to obtain a Master's degree in hotel adminstration. She has two very diverse idols, neither

of whom have received their recognition through

swimming ... Minnie Mouse and Eleanor Roosevelt!





### Ron Sprouse

\*\*\*\*

Water polo hole,

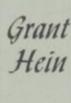
point Born: 12/13/66 in

Scottsdale, AZ Hobbies: swimming

Biography: As an honor student, Ron excels in both academics and athletics. Ron received many awards in water polo during his 4-year sports career at Capo. He ranks number-two in goals scored, first in quarters played, is the team captain, has received the coach's award, and has received an All-League team placing. Ron lists three events as the highlights of his career

beating Villa Park, placing fourth in 4-A CIF competition, and thrashing El Toro 23-2. He feels, however, that Capo needs a pool and that water polo and swimming do not receive the support and recog-

nition that they deserve.



\*\*\*\*

Tennis #1 singles Born: 9/28/66 in Illi-

Hobbies: surfing Biography: Grant has

been a four-year letterman on the tennis team and has been named to the All-South Coast League team twice. The highlight of his tennis career was being invited to play at the Ojai Invitational Tennis Tournament and he eventually hopes to attend college and play tennis there. He attributes his success to the fine "I have excelled in coaching of Robbie Schmitz tennis and in school because of Coach Schmitz and his ability to teach kids how to play the game and act on and off the tennis court."



\*\*\*\*

Baseball pitcher Born: 2/8/67 in Inglewood, CA

Hobbies: baseball,

football, golf

Biography: Brett was the MVP on last year's JV team and has been highly touted by professional scouts. He plans to follow in his brother Don's footsteps by playing college baseball and hopefully going on to play in the Major Leagues.



### Mike DeNicola

\*\*\*\*

Volleyball setter Surfing

Born: 3/23/67 in Pasadena, CA

Hobbies: water and

them.

snow skiing Biography: Mike has been team captain on both the varsity surfing team and the varsity volleyball team. On the surfing team he was elected Most Valuable Player and was the South Coast League Individual Champion. Despite acting as Athletics Commissioner at Capo, Mike has time for school work, which is evidenced by his 3.5 GPA. Naming his "pop" as his idol, he hopes to get a good college education and make the National Surfing Team and compete with



# A Look At '84- '85 National Sports

These weren't the only sport stories to emerge in the 1984-1985 school year. In some cases, they weren't even the biggest, but each one, in its own way, left a lasting impact.

#### BASEBALL

The Detroit Tigers, leading from wire to wire in the American League East, posted a 104-58 record Tiger reliever Willie Hernandez captured both the Cy Young Award and the MVP Award the Tigers, naturally, blasted the Padres in the Fall Classic the Chicago Clubs did what most thought was impossible — won a division title the Cubs also sported the National League's MVP, Ryne Sandberg, and its Cy Young Award winner, Rick Sutcliffe beanballs seemed to be in style — on August 12, a game between the Padres and the Braves that began with a beanball, ended with 14 ejections, 5 arrests, and



over \$20,000 in fines Pete Rose collected his 4,000th hit as a player and his first job as a manager Reggie Jackson became only the thirteenth Major League player to hit 500 or more homeruns Mike Witt pitched a perfect game for the California Angels on the last day of the season against the Texas Rangers Man of the Year Peter Ueberroth started the year as LAOOC President, but ended it as baseball's sixth commissioner.

#### THE OLYMPICS

Despite an Eastern-Bloc boycott, the Los Angeles Olympics were a fantastic success in gymnastics, Mary Lou Retton captured the hearts of Americans and the scores of judges as she took the women's all-around gold metal distance runner Mary Decker, who because of injury and boycott had twice before been denied a shot at the women's 3,000 meters, saw her third shot go up in smoke after a collission with England's Zola Budd Carl Lewis equalled Jesse Owens' 1936 medal harvest, by winning gold medals in the 100 meters, 200 meters, 4x100 relay, and long jump he was booed by the crowd at the Coliseum, however, for passing on his final four attempts and not attempting to break Bob Beamon's world record in the long jump Edwin Moses won the 400-meter intermediate hurdles - extending his winning streak to 105 other fine U.S. performers were diver Greg Louganis, marathoner Joan Benoit, gymnast Peter Vidmar, boxers Tyrell Biggs, Pernell Whitaker, Evander Holyfield, and Mark Breland, wrestler Jeff Blatnick, and swimmers Rowdy Gaines and Nancy Hogshead ... these Americans typified the spirit of the United States - the people of Mission Viejo let their spirit show too as they hosted the

first Olympic event, the men's road cycling race, won by Alexi Grewal.

#### FOOTBALL.

Undefeated Brigham Young University became national champions, despite the contention that they "didn't play anyone" Boston College's Doug Flutie clinched the Heisman Trophy with an amazing 64-yard touchdown pass to Gerard Phelan with no time on the clock to defeat the University of Flutie signed a \$7 million contract with the New Jersey Generals of the USFL ty of Southern California beat Oregon State University 20-17 in the Rose Bowl the Super Bowl that promised to be a classic, pitting the two best teams in the NFL, the Miami Dolphins (16-2) and the San Francisco 49'ers (17-1) against each other, turned into a blowout - 38-16 San Francisco several of the NFL's major milestones were surpassed: most yards rushing in a career (by Walter Payton), most touchdown passes in a single season (by Dan Marino), most career pass receptions (by Charlie Joiner), most yards rushing in a single season (by Eric Dickerson), most yards passing in a single season (by Dan Marino), and most pass receptions in a single season (by Art Monk).

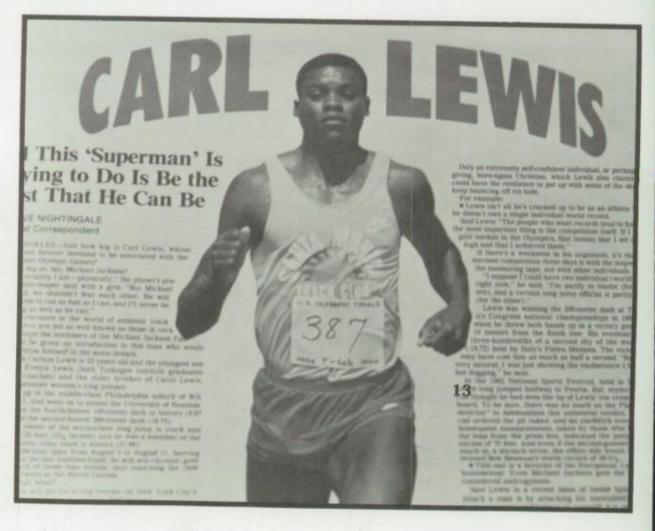
#### PRO BASKETBALL

Their eighth championship meeting went to a seventh game before the Boston Celtics finally defeated the Los Angeles Lakers, 111-102 Larry Bird who averaged 28 points a game was the MVP of the series with every point Kareem Abdul-Jabbar scored he set a record — Jabbar displaced Wilt Chamberlain as the most prolific scorer on April 5, 1984.

#### **TENNIS**

Martina Navratilova was prevented from winning the Grand-Slam for a record seven times, by Helena Sukova in the Australian Open Navratilova, however, did capture the French Open, Wimbledon, and U.S. Open championships her 74 consecutive match victories shattered Chris Evert-Lloyd's ten-year-old mark of 55 Lloyd got some revenge however, when she beat Navratilova in a later match.

The year in sports as illustrated on these two pages as follows: (1) Boston College's Doug Flutie was the unanimous Heisman Trophy winner. (2) Joe Montana, the 49'er quarterback, received the Super Bowl MVP Award. (3) Bill Walsh was picked up by his players after leading the San Francisco 49'ers to their second World Championship. (4) American Bill Johnson predicted and delivered a gold medal in the men's downhill at Sarajevo. (5) Peter Ueberroth was elected Man of the Year for his contribution to the Los Angeles Olympic Games. (6) Mary Lou Retton made the cover of Sports Illustrated for her gold medal performance in gymnastics. (7) Quarterback Robbie Bosco led BYU to a national football title and an undefeated season. (8) Roger Staubach and O.J. Simpson headed the list of those inducted to the Football Hall of Fame in Canton, Ohio. (9) Chris Evert-Lloyd finally beat the queen of womens' tennis - Martina Navratilova. (10) The Tigers of Motown defeated the San Diego Padres to become baseball's World Champions. (11) Connie Carpenter won the gold medal at the first ever Olympic women's road cycling race - held in Mission Viejo. (12) Walter Payton outdistanced the long-standing career rushing record set by Jim Brown. (13) Carl Lewis equalled Jesse Owens' medal harvest of 1936 this year in Los Angeles.





Staubach,

J.J. Join

List of Elite

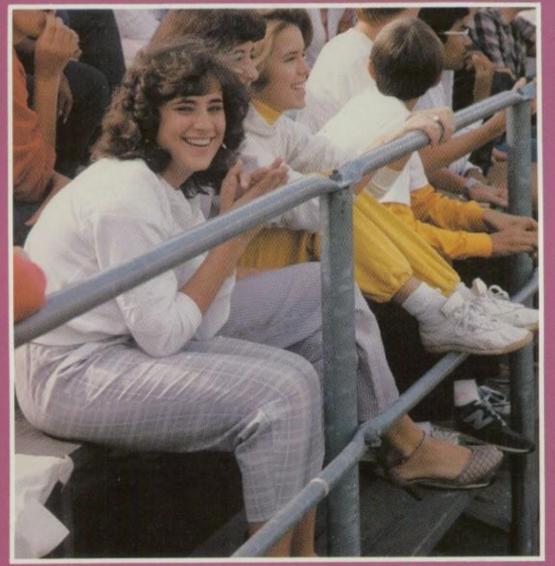
Namath, Rozelle, Gatski

Lloyd Finally Defeats Naxratilova

The L.A. Games

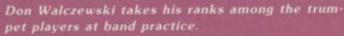


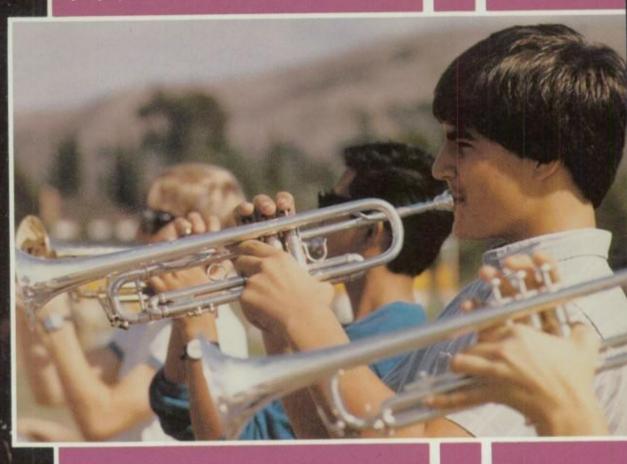
Involvement in extra-curricular activities, such as flags, can be a stepping stone to lasting friendship — as Sarah Sahdala and Jill Stafford prove here.



Cheering on the Cougars takes a lot of time and effort but Colleen Conroy thinks it's worth it.







### We've Got Class!

Seniors, Juniors, Sophomores, and Freshmen make Capo what it is — personality, spirit, and atmosphere Each class is different with its own style, accomplishments, and goals, but share a common interest, which is Capo and its Cougar Pride.

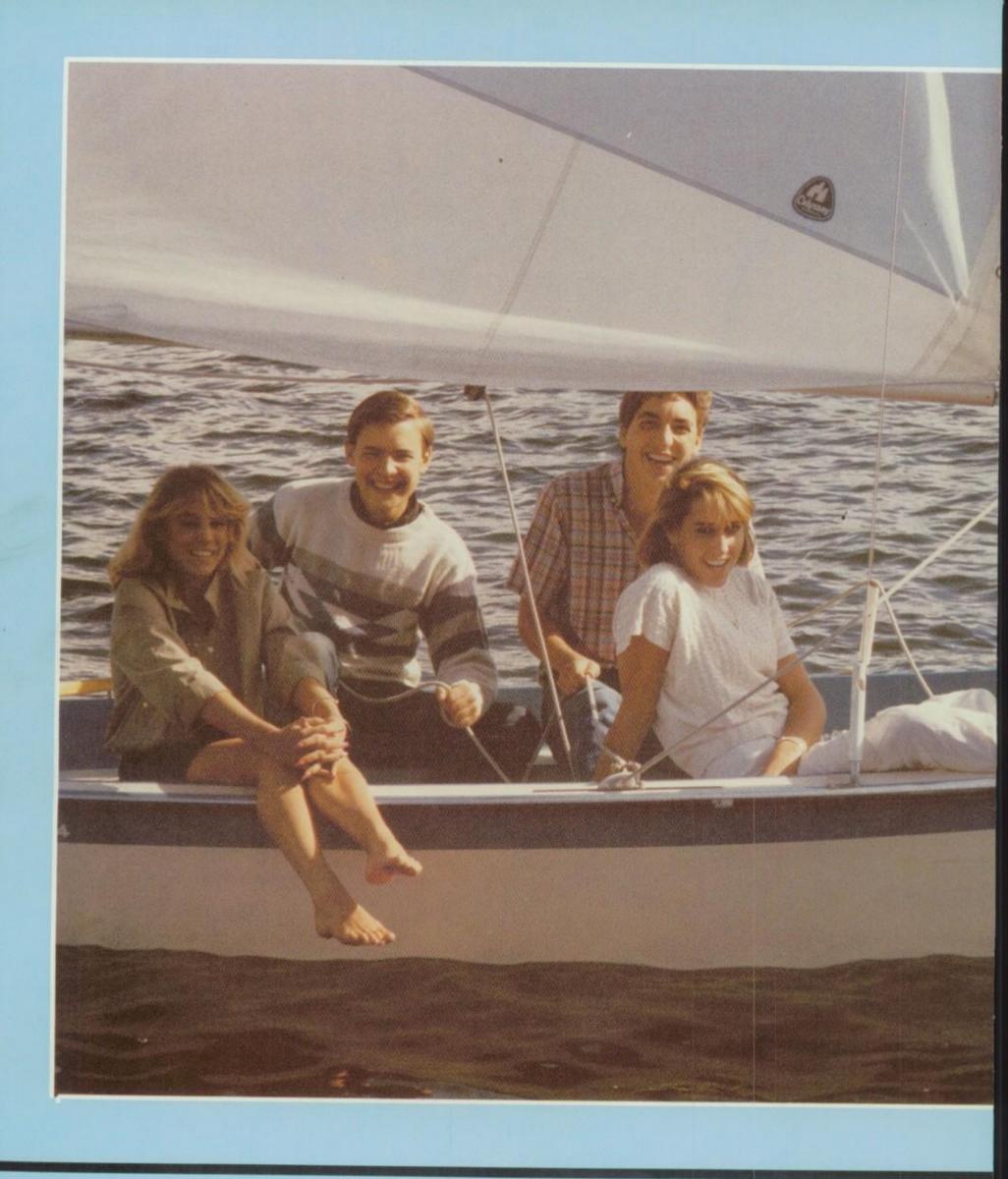
Reaching the end of their high school years. Seniors nostalgically look back at the good and bad moments, wondering how time flew by so quickly but also looking ahead apprehensively and unsurely to plans for college and their future.

Juniors, ecstatic about now being upper classmen, struggle through their hardest year academically and begin to think about PSAT's, SAT's, Achievement tests and possible colleges

Sophomores, maturing and stepping up, became

Beautiful Eric Haller and geeky Darin Zimmerman wait for their turn to have their costumes judged at Halloween.

classes





### Seniors Make Plans For Days Ahead

Faster than we expected, we have sailed through our senior year and are faced with the new horizons of our future. For many, the near future holds four more years of schooling attending college. Others have plans for exciting and not-so-exciting careers. And still others have more leisurely plans, such as kicking back and relaxing after having accomplished twelve years of study.

We have often heard people advise us to "enjoy your high school years while you still can." But we kept on dreaming of our future and now, as we graduate, we will finally find out if our dreams are to be fulfilled.

Senior Matthew Wayne Selznick has summed up our years here "In four years, Capo Valley has grown, and I along with it. The school environment — the incredible staff and teachers — the colorful personalities I have encountered — have helped to make me the person I am today. And I'm proud of the person I've become. My senior year, especially, has been one of the most fulfilling."

As Cougars we have always been enthusiastic, determined, and victorious. If we apply these qualities to our life outside of high school, our destinations are sure to be happy and rewarding. Good luck, everyone!!!



Senior class officers left to right: Jamie MacDonald, Secretary; Robert Ryan, Treasurer; David Pritts, Vice President; Heather Burns, Representative; Chris Muradian, President. Not pictured: Lesley Fredricks, Representative.

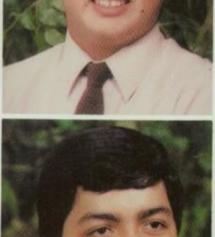
seniors 85

"All we need to make us really happy is something to be enthusiastic about." Charles Kings-

Robbie Aberle Hermilo Aguilar













These eager Seniors patiently await the festivities to begin at a mid-morning pep rally.

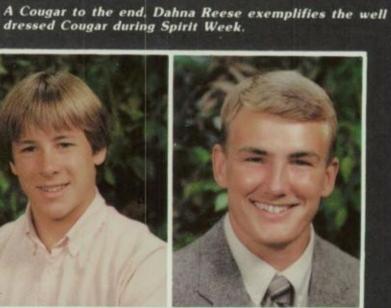
Sonny Ali Stacey Allen

Luis Aguilar Juaquin Alejo









Tammy Arguello Jason Armstrong Scott Ashbach Matthew Atwood



Searching for optimum seating, Hank Grimmick escorts Denise Miller to the stands.























Brett August Brady Augustine Christi Avdeef Tommy Azar

Stephen Azua George Bailey

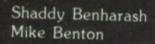
Steve Baker Chris Baker

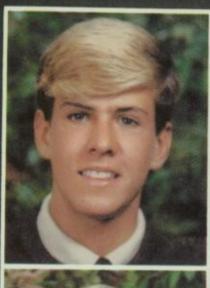
Melissa Ball Stacey Ballard David Bamford Brenda Bannigan

Kathrine Banuelos Theresa Bardens Gregory Barnes Shelly Bartle

Randy Baughman Richard Bebout

Amy Beierschmitt Kimberly Bell





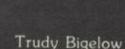




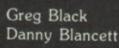


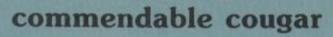






Laura Bigler





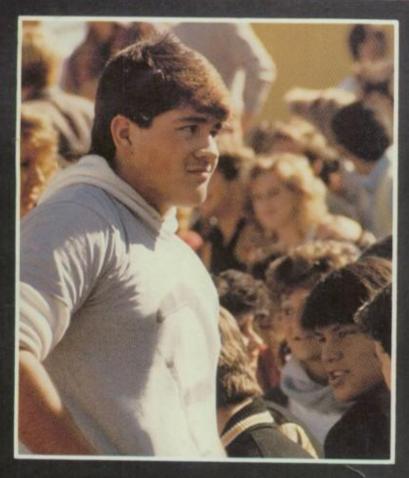
#### Christa Forster

With fair skin, crystal blue eyes and auburn hair passed down to her from Irish ancestors, Christa Forster makes one of the prettiest cheerleaders here at Capo. She has won numerous titles in the past such as Miss San Juan and Orange County Jr. Miss. "I love to be with people but I'm content to be by myself. I don't want to be stereotyped," she has said. And, indeed, Christa was not always the femme she is now. For ten years she played the rough sport of soccer, and as a freshman, started out on Capo's varsity soccer team, only to be hurt while playing goalie. "There was a time when everyone wanted to be a tomboy," she explains. In her junior year Christa switched from cleats to pom-poms and is presently on the varsity cheerleading squad.

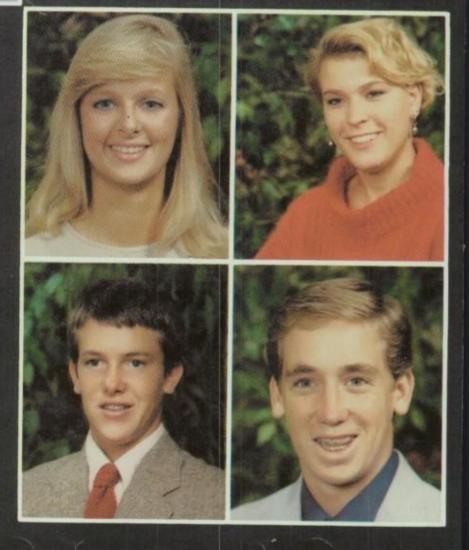
Christa is involved in many other activities on campus such as CSF, Key Club, Pep Club, Camerata, and the Grease Rats, where she sings back-up. She has also been playing the guitar since she was eight years old.

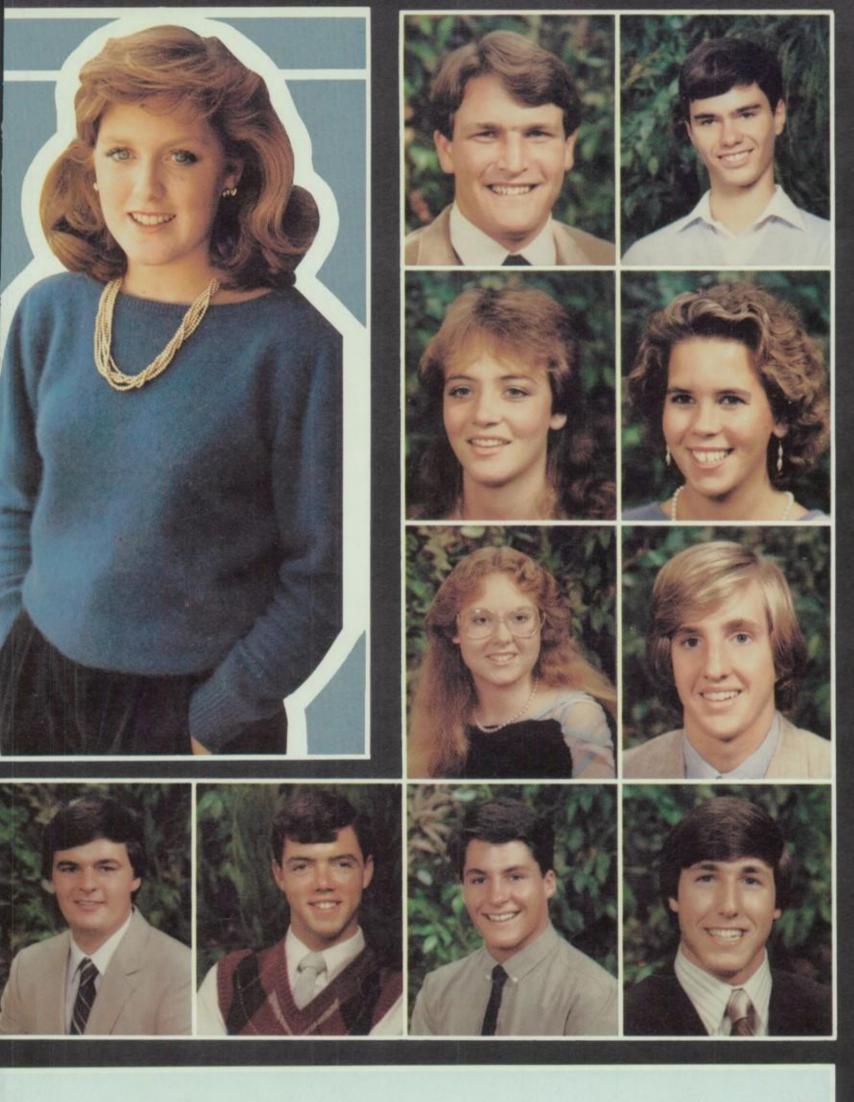
Continuing on to college, Christa plans to major in pre-law. Inspired by her mother, who is on the Governors Water Board, she wants to become an environmental lawyer.

She will be sorry to leave Capo although she's excited about graduating. Christa feels that one of the good features here are the teachers. "They are so personable, friendly, and easy to talk to, especially Mr. Dye. I wish there weren't so many cliques, but I think the people in the senior class have grown together."



Greg Doms seems pensive amidst the laughter around him at one of our many pep rallies.





Brian Blutreich Wayne Bollig

Jenny Bonham Jacqueline Marie Boyd

Mary Alice Boyd Wayne Brandau

Brian Bray Robert Brintle Bryan Brown Roger Bruce

"The great faculty at Capo is just one reason I'm proud of this school." Shaddy Benharash

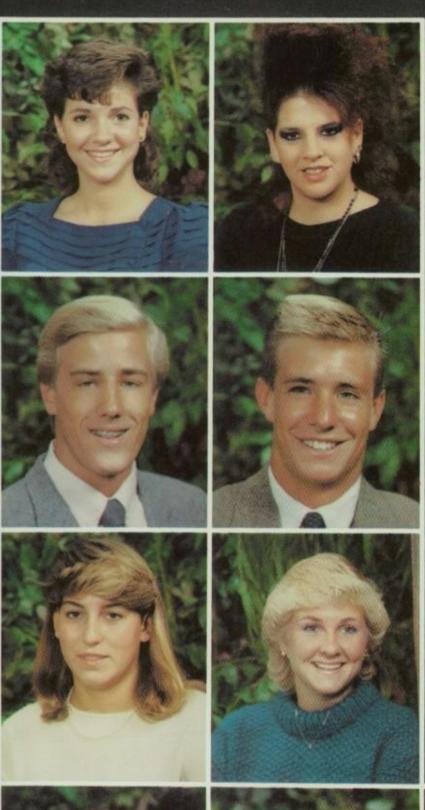
Vicky Buchanan Christina Buck

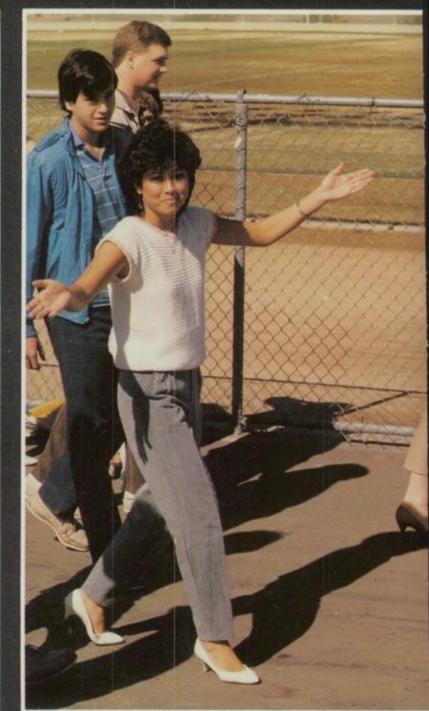
Gregg Bujnovsky Scott Bukow

Tammy Burch Stacia Ann Burgus

Steve Burkley Steve Burnett Heather Burns Claudio Burstein

Victoria
Butterfield
Laurie Buxton
Keith Carey
Christine
Carnesale





"Have I got style, or what?" Shelly Pahk stands out as she makes her way to a pre-game show.









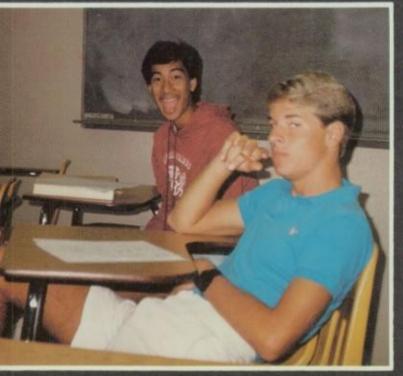




"The larger the island of knowledge, the longer the shores of wonder." Ralph Sockman



Kerin Oleary shares a smile with a few good friends.



itan Hortinela tries to offer comic relief for Dave Myers. Naybe next time Stan.



















David Carpenter Flavio Carrillo

Geoff Carter Susan Casey

Sal Cassaro Tricia Cast

Ernie Castro Eddie Cathey James Chamberlain Sonja Chandler

"I'm proud of CVHS because it has been an encouragement to my future career." Sylvia Evans

Jacqueline Chard Michael Chiletz





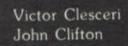




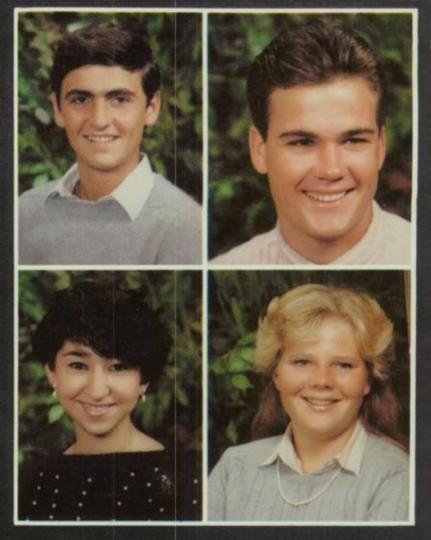
Kelley Church Kelly Clark



Heading out to the stands, students know better than to surpass Rick Crawford and Bruce Cooper.



Lisa Cobb Staci Cochell



# commendable

#### Mike DeNicola

Mike DeNicola is a familiar name around campus. His extraordinary ability to get along with others symbolizes his character. He is fortunate enough to have been selected by his classmates as a Commendable Cougar.

Mike is a native Californian who lives in Mission Viejo with his parents. He enjoys Capo very much and especially likes "the people and the high level of academic achievement that it possesses."

He has always been involved with the school. Mike was Junior Class President and participates on the varsity volleyball and surf teams. This year he served as athletic commissioner on the ASB council.

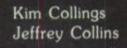
He would like to continue his education at the University of California at San Diego, where he is considering entering as a pre-med student. Being the well-rounded student that he is, Mike takes pride in his school and himself "because I know that I try hard to do my best in everything." All of this is evidence of Mike's great accomplishments at Capo in the four years that he has gone here.



Finding offense in this unsuspecting auto, Dave Wagner and Roger Bruce remove it from "their" parking spot.





















Debra Collum Wendy Colonnese Cindy Cook Bruce Cooper

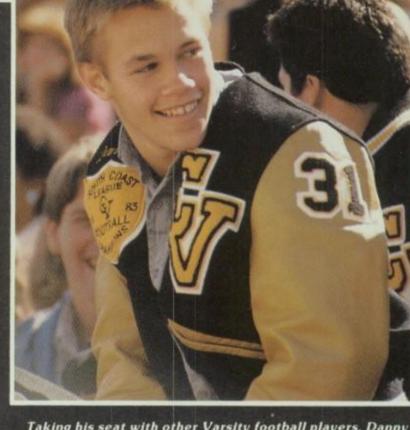
Ken Cooper Michael Copeman James Coury Tressa Crandall

"You're only young once. After that you have to think up some other excuse." Billy Arthur

Richard Crawford Steve Creber







Taking his seat with other Varsity football players, Danny Curtis awaits the upcoming events.

Renee Crivelli-Kranig Bill Cross



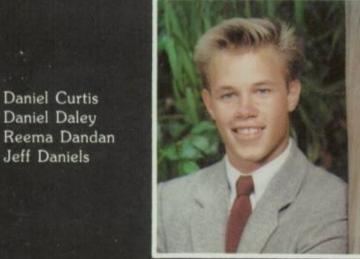




Natalie Croy Toni Cukrov



A.P. Computer Science poses interesting new challenges that Dave Wagner, Shaun Mallonee, and Darin Zimmerman are eager to attempt.









158 seniors



Shawn Davidson Christine Davis Collin Davis Teresa Deever

Patti DeLeone Kim Dellota

Lori Dellota Nicole DelPrato

Michael DeNicola Chuck Desmarais Kim Dipsiner Gregory Doms

Kellie Downey Nicole Doolin Dan Doyle Eric Duclos

#### Scott Duffy Danny Duguay









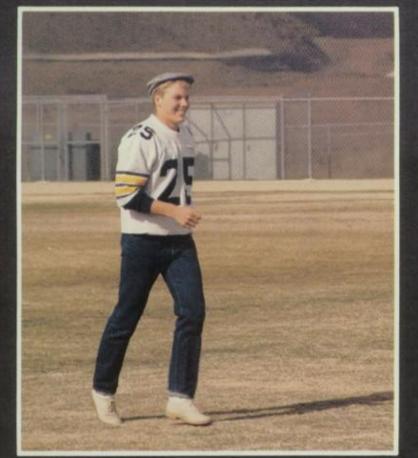




Karen Eastwood Michael Eckman

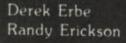
Derek Dunning

Bernard Dy



Never looking better. Dan Daley struts his way across the field during a rally early this year.

Tina Eichmuller Sam Eidt



### commendable couga

#### Chris Muradian

"I like to try to get people enthusiastic about school," says Commendable Cougar Chris Muradian.

Chris, a native Californian, enjoys skiing, sailing, and many other water activities. What she enjoys most about Capo is "the spirit and the togetherness." What she doesn't like, however, are the groups and cliques that tend to separate people. "I take pride in my school and feel that Capo is the best."

After high school Chris would like to attend Pepperdine University or the University of California at Los Angeles, and study political science and law, and possibly go into international relations.

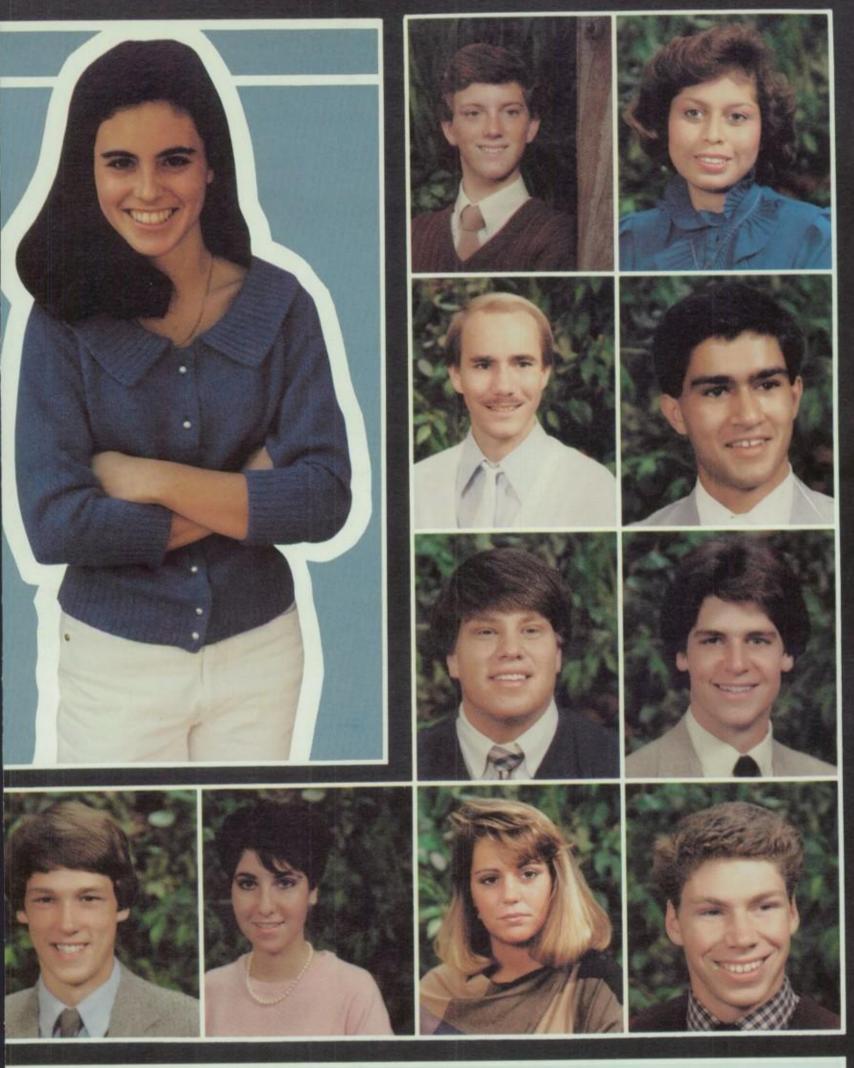
Chris is this year's Senior Class President, and has served on student council twice before. Chris is also involved with the Pep Club and the Junior Statesmen, a new club on campus that she helped start this year. Overall, Chris is a very high achiever who symbolizes the well-rounded and involved student at Capo Valley.











Jeffrey Evans Silvia Evans

Jeff Faanes Kuorosh Farrokh

Kenny Felix Gregory Ferrigno

Richard Finn Alayne Fisher Andrea Fitzgerald Dan Fitzpatrick

"No wild enthusiast ever yet could rest 'till half mankind were like himself possessed." Cowper

James Fitzpatrick Lisa Floyd

Mike Floyd Julio Fornos

Sheryl Forrest Christa Forster

Michelle Fosdick Lesley Fredericks Eric Freeman Jackie French

Linda Frieder Sander Frieze Bill Furst Missy Gabris



"Just remember, wherever you go, there you are!" THE ELITE



Although unable to play for Varsity this year, Chris Mura-dian was willing to show us her technique.



These "too cool" seniors model the latest in shades as they gather in Cougar Stadium for a Senior class meeting.













Lisa Galkin Victor Gallego



Brian Geddes Karey Glenn

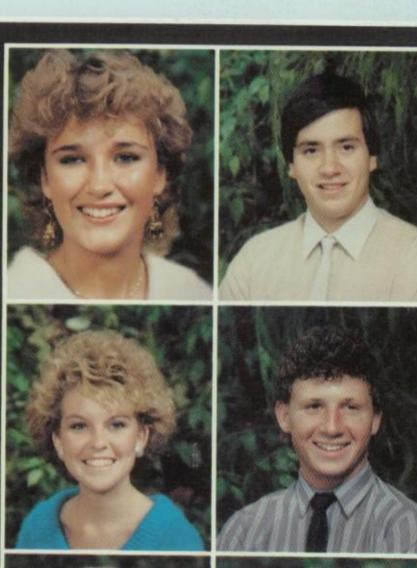
Karla Goltman Irma Gonzalez Tina Goodvin Darren Graeler

"What on earth would a man do with himself if something did not stand in his way?" H.G. Wells

Dawn Greenwaldt Vernon Gries

Erylene Grimes Hank Grimmick

Heather Gross Patti Guise Lori Gunning Augustine Gutierrez









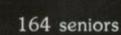












# commendable cougar

#### Walt Maciborski

According to Walt Maciborski he's just a "single successful guy who's got the world by the "Perhaps Walt's popularity stems from his feeling that he just may be "the most hilarious guy in our whole school."

Walt enjoys all sports, but mainly snow skiing. He has participated in school basketball and track, and has also been active in many school clubs, including CSF, Pep Club, Ski Club, and Marine Ecology. Walt also participated in Mock Trial this year.

He enjoys music and his favorite groups include U-2, INXS, The Police, The Psychadelic Furs, and Undercover.

Walt enjoys school and feels there are "some cool teachers like Mr. McIlwee, Mr. Nealy, and Mr. Dye." However, Walt would like to see school made "more fair and social ladders eliminated."

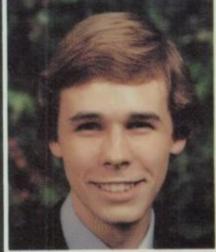
A California boy, Walt has lived most of his life nere in San Juan Capistrano. His younger brother Mike is a freshman here at Capo. "Mike thinks he is really cool but hopefully he will keep my name in the school forever!" said Walt.

Walt's future plans include graduating from USC with a degree in radio and tv communications. He then hopes to make it big in broadcasting under an easier-to-remember stage name. "I would like everyone to remember the name Steven James because that will be me plastered all over your tv on either ABC, NBC, or CBS!"





Kim Hadlock Brian Haig





Eric Haines Carrie Hale





Chris Hall Kelley Hall





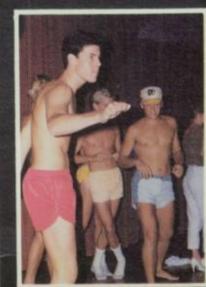




Kristine Hall Angel Hallam Eric Haller Kirsten Hare







Walter Maciborski comes alive when he is released up on stage in the CV mall. Walt plans on one day being involved in TV or radio broadcasting. By the looks of these shots, we have no doubt that he will succeed in this field! As far as the last two pictures in this series, well (Walt's antics here were part of a lunchtime assembly to announce the five Homecoming queen candidates. Five "strippers" took it all off to reveal the name of a finalist on each of their backs.)

"All members of the class of '85 are sure to succeed because we have that special Cougar Pride!" Jackie Chard

Heather Harns Brad Harris



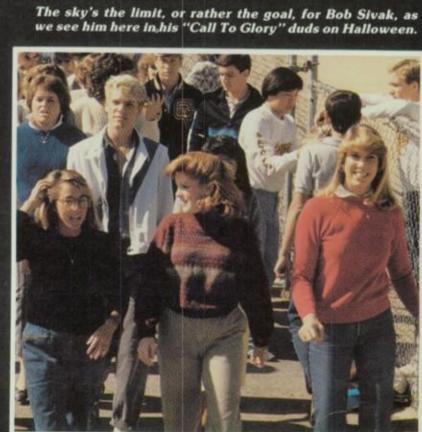












Lori Dellota, Christa Forster, and Kim McCarty lead these effervescent seniors into Cougar Stadium.

Aimee Hayes Grant Hein

Erik Harris Lisa Hausdorfer

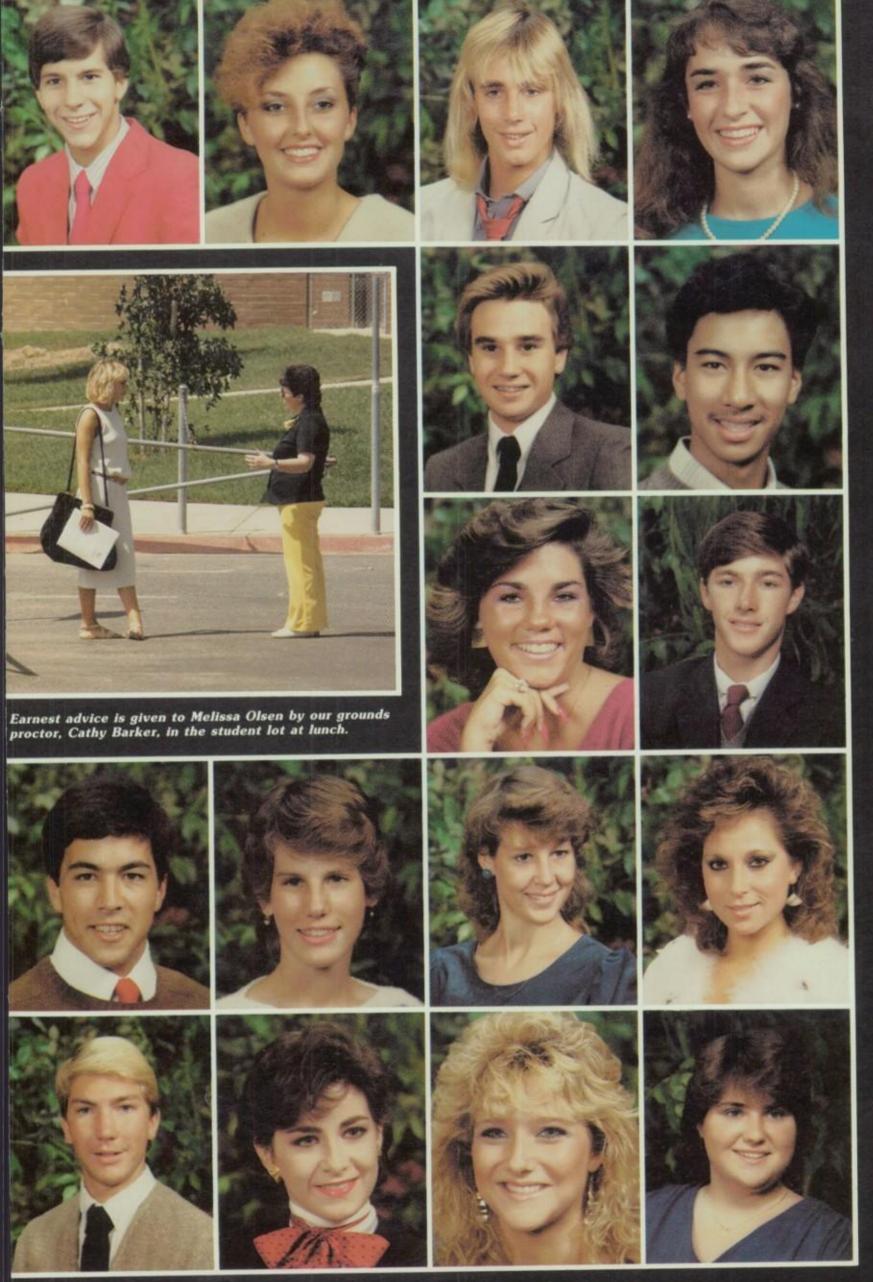












John Hickman Michelle Hilger Casey Hird Paula Hoffart

Roy Hollon Stanley Hortinela

Sheilin Hubbard Marshall R. Hudson

Timothy Ige Eva Ihle Jerri Jakubka Tina Jent

Bruce Johnson Sloane Johnson Dawn Jones Gina Jones

#### Richard Jones Edy Junus













### commendable couga

#### Kristin Townsend

Born in Utah and raised in Arizona, Kristin Marie Townsend grew up as the youngest in a family of seven children. After moving to San Juan Capristrano in 1978 she began making friends and became involved in school activities. "I knew I wanted to get into ASB after my brother ran for office." (Her brother, Scott, was Senior Class President 1982-1983). In her sophomore year Kristin began her way up the ASB ladder by running for Publicity Chairman. Now, as a senior, she is President of the Associated Student Body. However, Kristin doesn't intend to use her experience here as a stepping stone to a political career. Asked if she would ever want to be President of the United States, she answered with a definite no. "Politics scare me," she said.

In her spare time Kristin enjoys playing volleyball

In her spare time Kristin enjoys playing volleyball and having fun with her friends. One close friend, Cristina Quintana, said that two things she most admires about 'Big K' are "her individuality and her concern for others."

Kristin describes herself as being "really sensitive. Sometimes I worry more about other people's feeling than my own."

After graduating Kristin plans to go to BYU to major in cooking and then continue on to France to study to be a chef. Kristin is going to miss Capo and all the friends she has made in the four years she's spent here. She feels that Capo is "great because we're number one in academics and sports. If I could change anything, I'd like to see people caring more about their school and each other. I'd like to see the whole crowd cheering."

Celia Kavanagh Karen Kehle

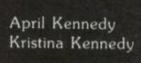
Felix Kang

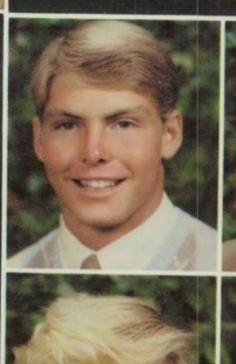
Oscar Kapasi



After a late night of poster painting, Lynne Spongberg and Cindy Sawyer smile at their efforts.

Jeff Kelley Daniel Kelly













Michael Kennedy Kymberly Kercher

Lisa Kettelhut David Kim

Dave Kirk Michelle Kirk

Robert Kirk Elizabeth Klein Terry Kobylski Jim Koclanis

"Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstance." Bruce Barton

Rich Korzep Eric Kotowitz Mona Koudsi Michelle Krause

se







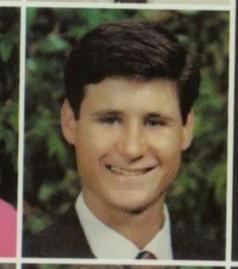
Ronald Krebs Adam Kreutner







Stephanie Lackerman Michael Lacorazza



Lisa Schwing and Stephanie Lackerman discuss weekend plans as they walk through the Mall enroute to class.

Jaye LaFontaine Regina Landa Cathy Lane Daylon Lantz











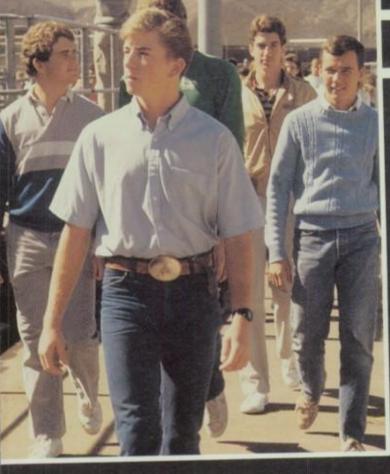








"Lord, grant that I may always desire more than I accomplish." Michelangelo



onfident seniors stroll into Cougar stadium for a senior ass meeting earlier in the year.





Elizabeth Leonard Tina Leudenburg

Kim Levine Brian Linn

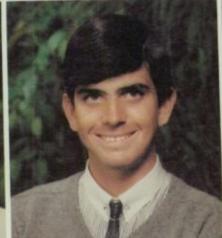


Emotions run high as Homecoming court candidates are announced!







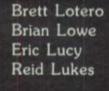








Theresa Lirocchi Deborah Loman







"Four years at Capo have given me two things: faith in myself and a future. In ten years, I'll be able to say, 'It all started at Capo'." Geoff Carter

Jamie MacDonald Walter Maciborski

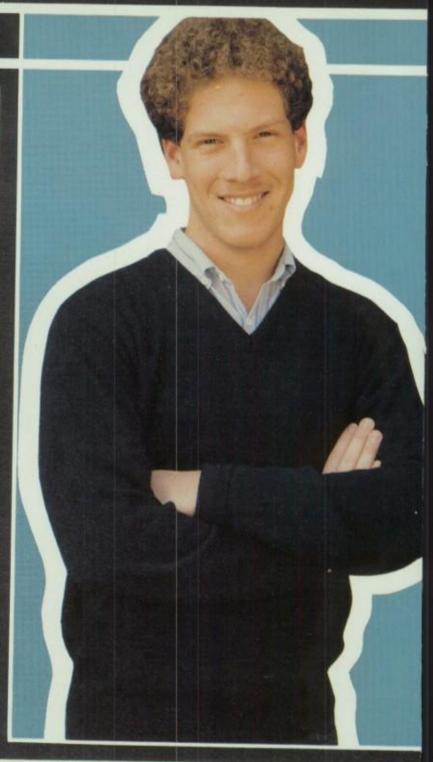
Alicia Macko Scott Majorino











Jennifer Mallard Shaun Mallonee











Heather Burns, Jamie MacDonald and Lesley Fredericks model the latest in CVHS spirit gear.

# commendable cougar

#### Jeff Zaret

Born in the summer of 1967, July 26, Jeff Zaret conveys the feeling of a summer vacation every day. Cracking an endless stream of jokes, hanging out with old friends or making new ones, Jeff is the epitome of the Fun Guy. It is very good, then, that one of Jeff's best friends is Capistrano Valley High School. He is involved in student government - in the position of Commissioner of Technical Services, where he is behind the scenes of all of Capo's pep rallies, plays, concerts, and just about every other production. Immensely spirited, he is a one-man cheering section. His car license plates read CDCATGO (See the cat go), and if that doesn't spell immense Cougar Pride, what does? "I feel a great pride towards Capo," Jeff said once, an obvious understatement.

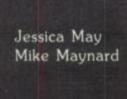
Jeff has big post-Capo plans: "I want to go to a four-year college, most likely Cal State Long Beach, and major in communications." Hopefully, Capo will always see the effect of this spirited gentleman's four-year friendship.



Sharing a hug. Paula Hoffart and Dave Pritts are all smiles.





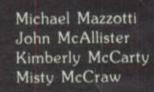








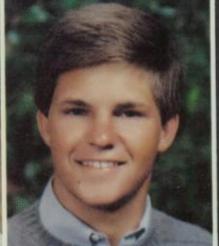












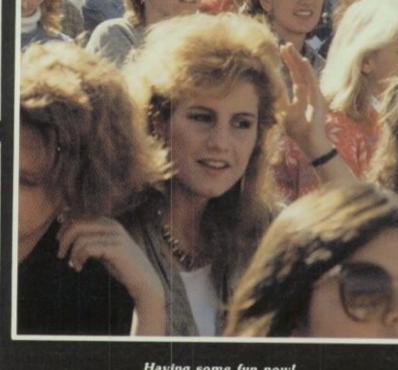
Trisha McFarland Laurie McGarry Kim McGibbon Daniel McKeever

"There must come the moment when all your mirrors turn into windows. That is the moment of growing up." Pamela Frankau

Douglas McLaughlin Annette Medeiros







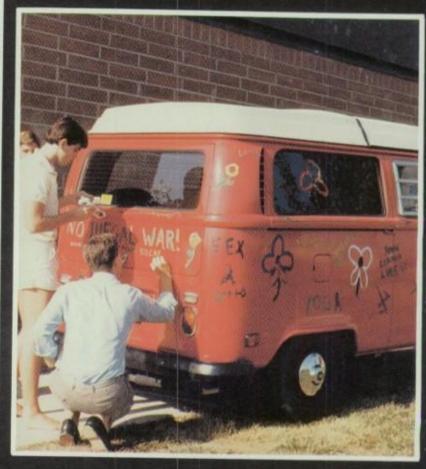
Having some fun now!

Nishu Mehta Gina Menzaco









"Give peace a chance" is the motto of the "hip" students decorating Eric Lucy's van for Halloween.

Laura Messina Barbara Miller











Sailaja Naidu Muna F. Najm Nielo Naziri Sean Nelson

#### Michael Nibarger Beckey Niblo

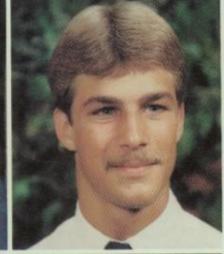
Shannon Niccola

Rob Nill













### commendable couga

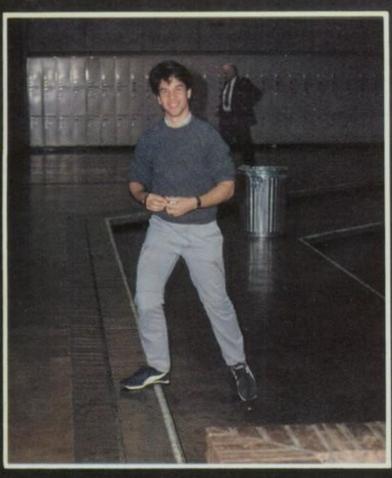
#### Dave Reinhart

Presenting Mr. David Reinhart, boy superhero A wise man once said "History is made up of individual achievements, not mass achievements.' Eighteen year-old David Reinhart would vigorously disagree with that statement. In fact, his legacy to Capo Valley is a mass achievement - "The Elite," an organization comprised of David and ten other highly spirited seniors. All good friends, "The Elite" is dedicated to two causes: student pride and good, clean fun. Towards both ends, David and friends often showed an effervescent committment: leading enthusiastic cheers at the football games and instigating "the wave," always wearing spirit shirts, and making a name for their leader and mascot, Scott E. Lite. David personally took place in pep rallies and often helped the student government.

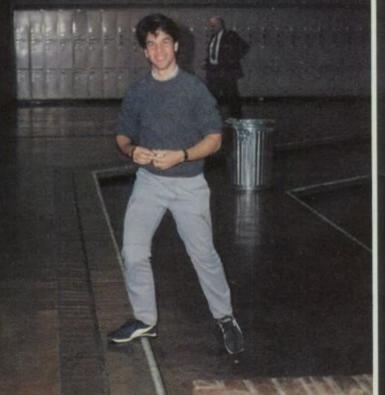
Beyond Capo, David has plans for a four year college, to major in computer science or business administration. David left much to our school, and only gave one reason for doing so: "I wanted to put back into this school some of what I got out of it,

which was a lot." Good show.

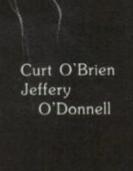
Katy Noel Sean Norris



Coveted blue hall pass in hand. Geoff Carter makes a classtime trip back to his locker for forgotten books.



Stephen Novack Corey O'Brien

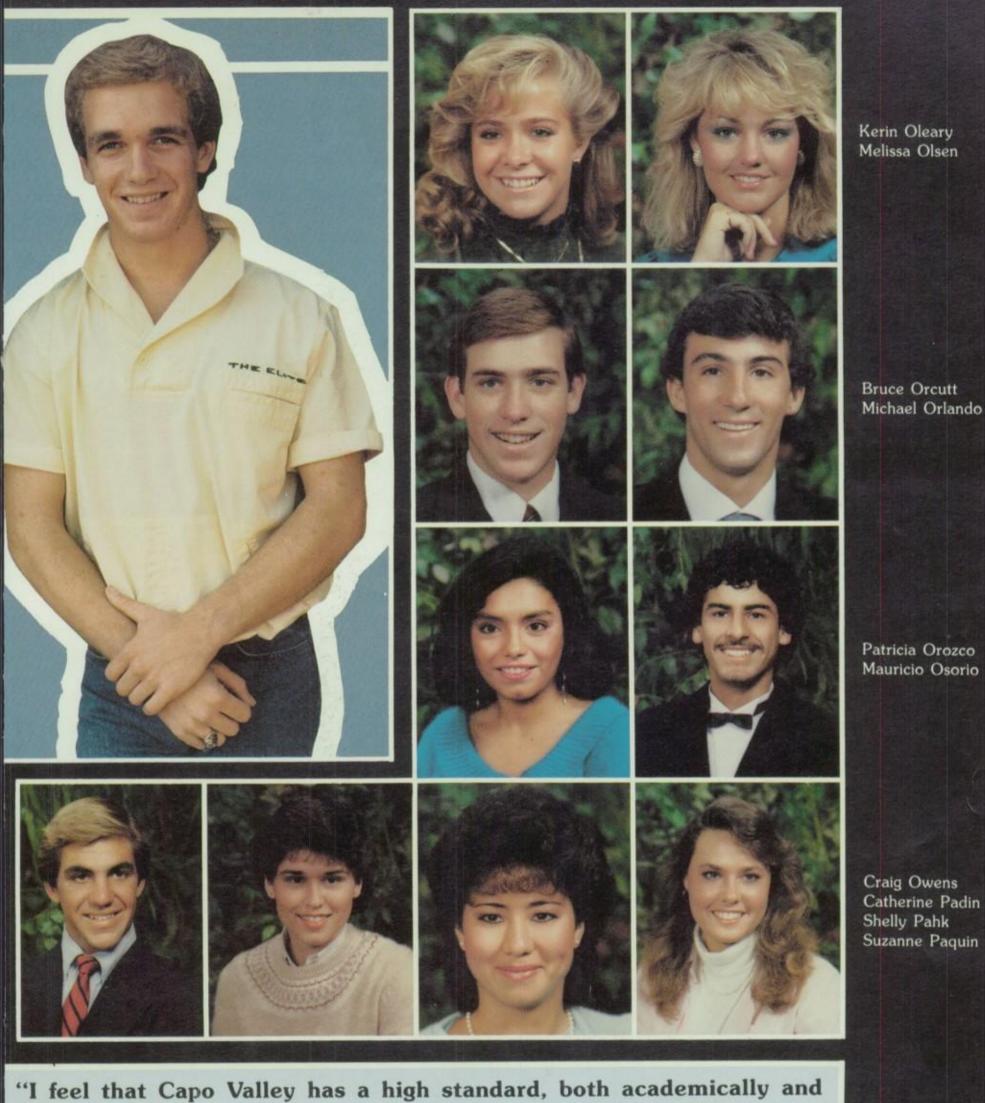












"I feel that Capo Valley has a high standard, both academically and athletically, that our student body can be proud of. We should all strive to improve this standard and improve our greatness." Brian Douglas Haig

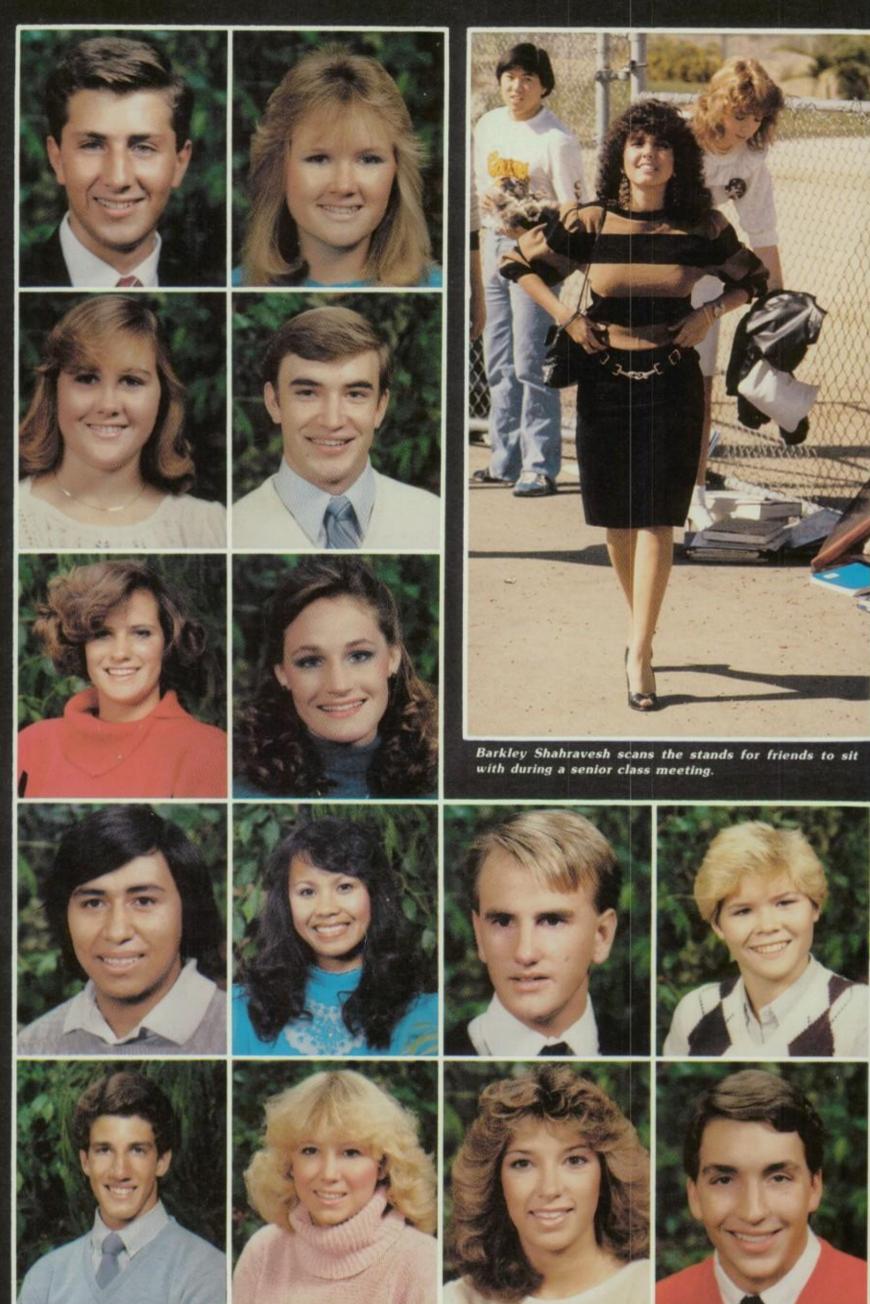
Jim Parker Tracy Parker

Christina Patterson Edward A. Payette

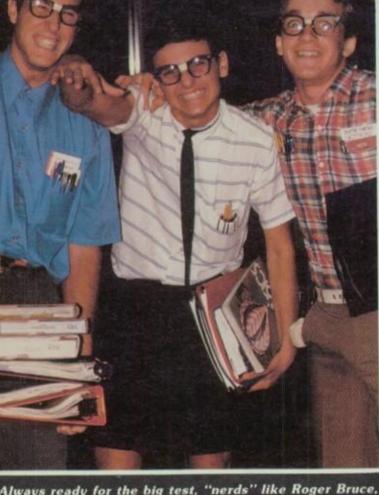
Brooke Peabody Lara Pearsall

Richard Perez Catherine Perlas Mark Petrick Suzanne Platt

Robert Pospisil Tracey Pratt Angela Priebe David Pritts



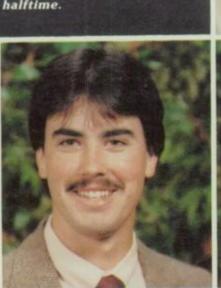
"The best thing about the future is that it only comes one day at a time." Dean Anderson

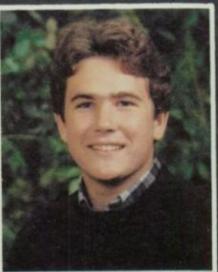


Always ready for the big test, "nerds" like Roger Bruce, Victor Clesceri and Dave Reinhart gathered in the Mall on Halloween.



Having a lot of fun at a Varsity football game, a group of spirited friends gather during halftime.











Cristina Quintana Eron Rafferty

Tim Pulver Brad Quaranta



Michele Rahn Arianna Raiola



Stefania Raiola Timothy Reed Dahna Reese David Reinhart

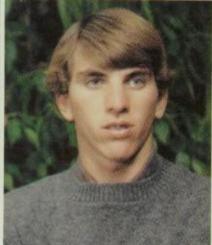
"I'm going to be sorry to leave such an excellent school but it's just one stepping stone to my career." Mary Boyd

Karen Rice Vanessa Riegling











Kristine Ritenour Tony Ritti



Unfamiliar to most Capo students, Scott E. Lite relaxes before his big debut on the CV water polo team.

Eva Rodriguez Megan Rogers











# commendable cougar

#### Staci Burgus

Always on the go, Staci Burgus has displayed exceptional performances in her academic and extracurricular activities. Showing an interest in almost every aspect of Capo's curriculum, Staci has been involved in ASB as Junior Class Secretary last year and as ASB Secretary this year. She also has been involved with the Key Club, and has played two years of softball.

Outside of school, Staci has a close relationship with her parents and younger siblings. She enjoys riding ATC's, snow skiing, water-skiing, and backpacking with her family. After graduation, Staci plans on going to college — perferably UCSD — and majoring in Business Management. She hopes to one day own her very own business. Warm and effervescent in personality, Staci stands out as commendable among cougars. Good job Staci!!



Paw Prints editor Brian Haig works frantically to meet one of many deadlines. Brian's efforts were not in vain, as this year's paper was well received by our student body.



Estela Rosales Lynette Rosales

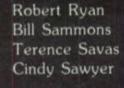








Troy Rudolph Abbie Ruiz Julie Anne Russell Shannon Russo

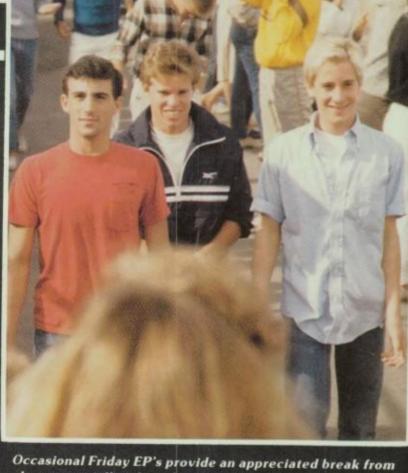


"For they can conquer who believe they can." Virgil

Cynthia Scelsa Robin Schmidt

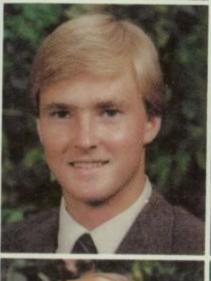






class, especially when the assemblies are held outdoors.

Steven Schone Jeff Schreck



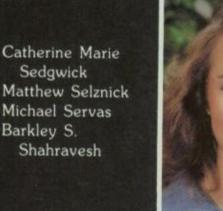






To the delight of a lunchtime crowd, these "Chippendale" imitators stripped down to the bare necessities as part of Homecoming week festivities.

Lisa Schwing Rob Seapy









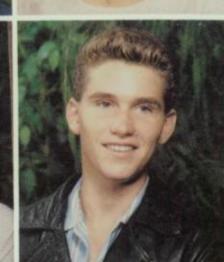




Spotted at a local pizza parlor after the football game. Frebor Ryan seems to be thinking he'd rather be ANY-WHERE else but listening to Flavio Carillo's foreign policy ssue of the day!



















Mariam Shajari Neal Shaver Raquel Tamara Sherman Shannon Shoemaker

Brian Simington Scott Simonin

Robert Sivak Tracy Sloman

Dallon Smith Kathryn Smith Rochelle Soares Michael Sowa

Lynne Spongberg Carolyn Sprinkle Ronald Sprouse Wendy Stark

#### Elizabeth Steinhauer Michelle Stewart













### commendable couga

#### Ron Sprouse

Successfully involving himself in scholastic and athletic enterprises, Ron Sprouse has earned the admiration of his peers. Participating in the Kiwanis Bowland Academic Decathlon, Ron has achieved top marks, placing among the best of them in academic competitions. Maintaining a 4.0 grade average throughout high school, it is impressive that many of his "A's" were in Advanced Placement classes. As well, Ron was a member of Camerata choir this year, his "favorite class."

Outside of the academic circle, Ron also enjoys water sports, involving himself in swimming and four years of Capo Valley water polo. In his spare time, Ron enjoys body surfing, collecting rubber bands, and just getting together with friends.

For the future, this 18-year-old Cougar plans on continuing his education at either UCSD or Pomona College (majoring in Cellular Biology). Ron certainly has a lot going for him, and we wish him the best of luck for the future. Go get 'em Ron!

Sivi Stuart Scott Swanson

Jeffrey Streger

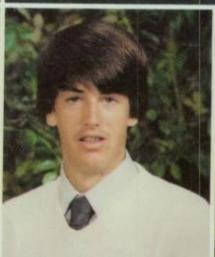
Lisa Stremel



Senior Collin Davis munches on a snack between classes on yet another busy day. The CV snack bar provides hungry students with energy to make it till lunch time!

Joseph Swift, Jr. Leah Teichner

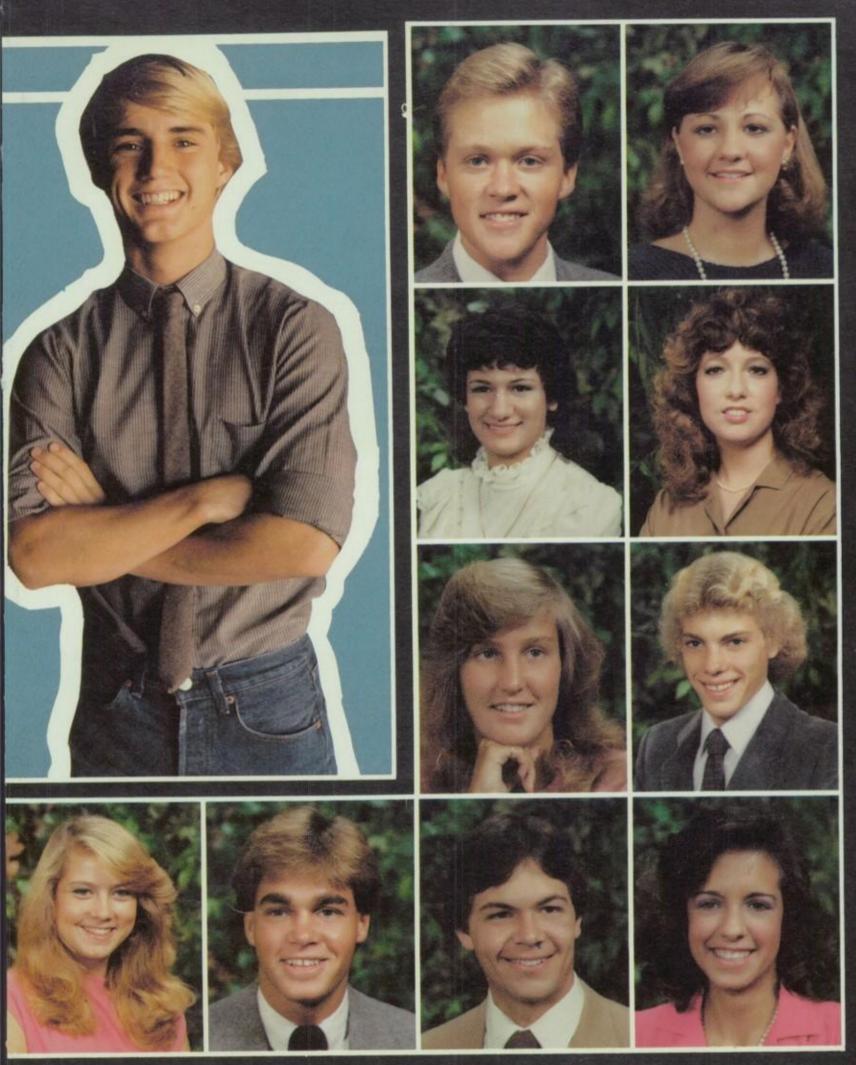












Jason Toney Kristin Townsend

Sabrina Triscari Karen Beth Tucker

Sandra Turner Wayne Turner

Deborah Turton Daniel Urban Madrid Uso III Josephine Valentine

"Enthusiasm is the genius of sincerity, and truth accomplishes no victories without it." Bulwer

Tiffany Vaughan Lisa Ver Wayne

Angel Vigil Scot Vigil

Tamra Viner Kenneth Virgin



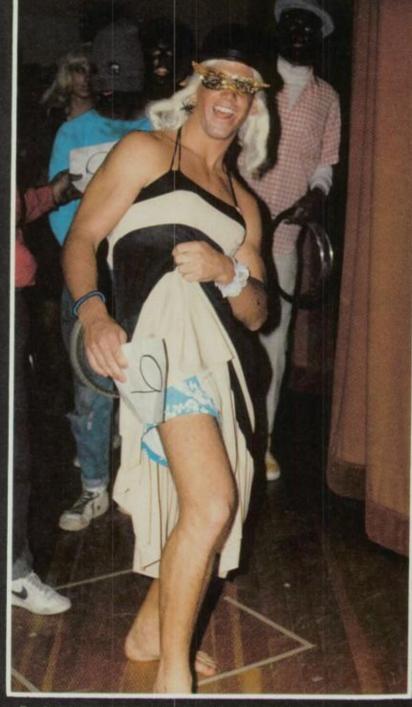












Backstage awaiting his turn in the Halloween costume judging contest, Jack Henderson shows off his legs, which rated a "9"!

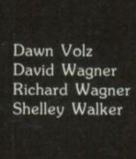
Lisa Vizcarra Julie Vogado Aron Vojdani Mike Vollmer











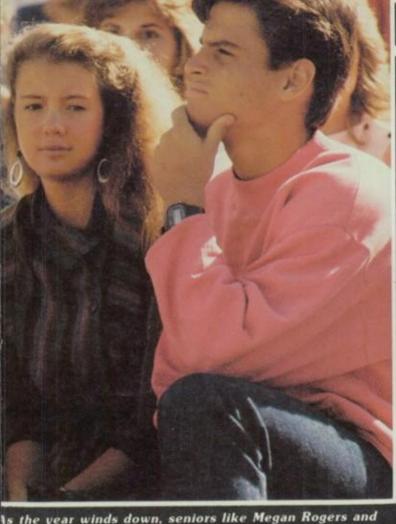








"So long as enthusiasm lasts, so long is youth still with us." David Starr Jordon



Is the year winds down, seniors like Megan Rogers and scott Swanson reflect on fond memories of high school lays.



A budding Michelangelo. Brian Brown takes pride in his latest accomplishment for his ceramics class. Looks good Brian!





Brian Walsh Tina Wardingley



Todd Waterman Kelli Waters



Randall Watson George Webb





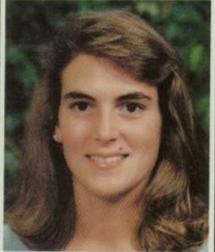


Heidi Weber Jon Wehrli Jeff Werkmeister Adam Wickert

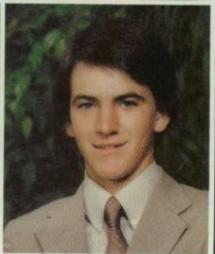
"I'm going to be sorry to leave such an excellent school but it's just one stepping stone to my career." Mary Boyd

Michelle Wilner Constance Wilson

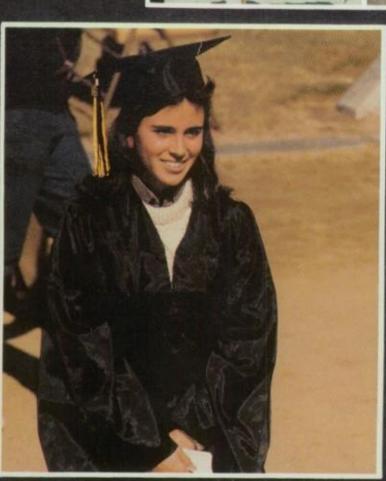








Philippe Wilson Grant Winslow



Staci Wood Natalie

Wooldridge

Tara Wise Lisa Wong









The year ends with fond memories for Chris Muradian, memories that will stick with her for a lifetime.

188 seniors

### commendable

#### cougar

#### Cathy Sedgwick

Being the 1984 Homecoming queen was one of Cathy Sedgwick's most memorable moments here at Capo Valley. "It was a great honor to represent our school like that!" she said.

Cathy has been very involved in school activities over the past four years, participating in drill team, JV cheer, Pep Club, CSF, Varsity cheer, Key Club, Camerata, and she also held the position of ASB Publicity Commissioner during her Junior year.

Born in Long Beach, California, Cathy lived in New York when she was younger before her family settled into their present home in San Juan Capistrano. Cathy's family is very large and she says they are very important to her. "I value my family, friends and religious beliefs." Her older sister and brother also went to Capo and have left their names on the school. Her older sister Debbie was also a homecoming queen in 1979 and her brother Don was ASB President for the 1982-83 school year.

In her spare time (what little she has!) Cathy enjoys sewing, skiing, riding horses, and playing the piano. Her plans for the future are to attend BYU in Utah and then to get married and start a family.

real neat school Cathy thinks Capo Valley is a and the people are nice. It can be a lot of fun if you take advantage of what it offers." According to Leah Teichner, one of Cathy's dearest friends, "Cathy is such a sweet girl and friend. One of the things I most admire about her is her sincerity and modesty. I also respect the way she cares for others.

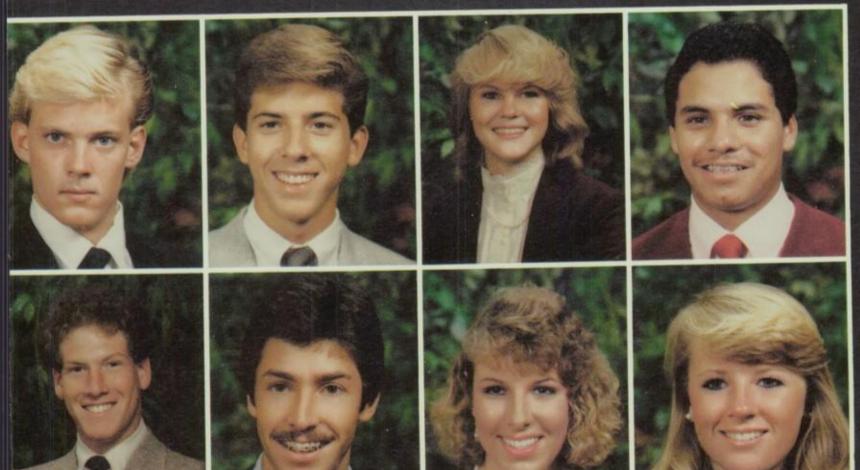


was just another cat until I went to Capo Valley." This is the expression that could be seen on the backs of "prides" of Cougars this year, especially fine seniors like these. Our spirit shirts that we so boldly displayed have served their purpose, however. They have given us a sense of unity, a sense of confidence, a sense of pride that has been stronger than any year past.

"Our Pride is Showing." It is showing with a strength that will power us into the future, a future that will always call to mind the fun times that we've had here at Capistrano Valley. As seniors, we have come to the end of our high school paths, only to face countless others that will offer endless new experiences and challenges far beyond our wildest dreams. With the wealth of our Capo Valley experiences behind us, there is no doubt that we will succeed in whatever we strive for

"True success is in the eye of the individual. If you are happy with your life and doing what you want to be doing, only then are you a success."

- David S. Reinhart

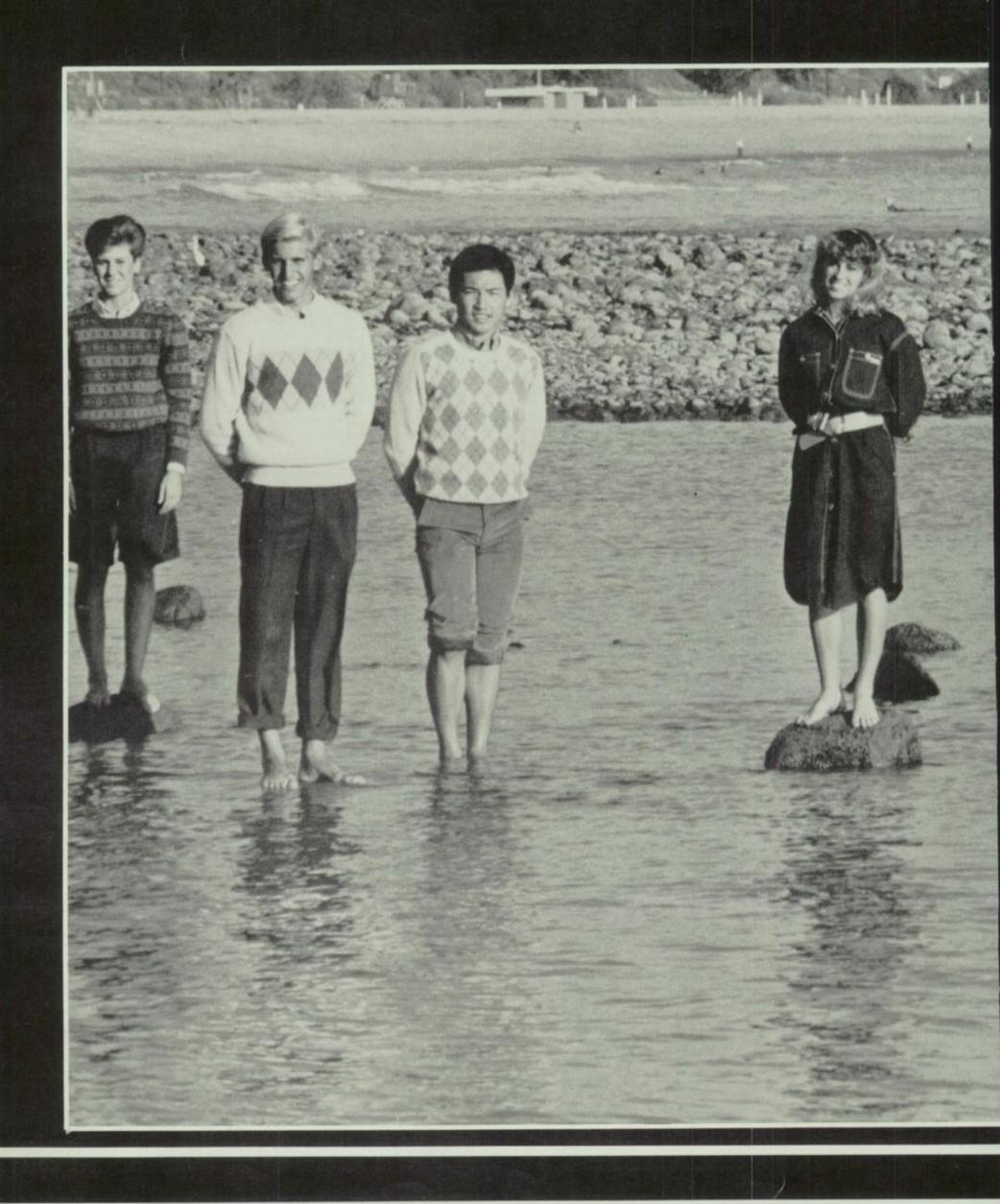


Robert Wortman Brian Young Lisa Young Fred Yslas

Jeff Zaret Darin Zimmerman Carrie Zlaket Karin Zodnik









### Juniors Jump To New Heights

Led by Dena DeMaggio and cabinet (Kenny MacLeod, vice-president; Gay Heinaman, secretary; BJ Choi, treasurer; and representatives Kris Peterson and Pam Pressley), the junior class had a spirited, rewarding and successful year. We planned dances, such as the Prom and Sadie Hawkins, along with other activities. Once again we managed to earn hundreds of dollars through pom-pom sales, the annual pizza eat-a-thon and other fund raisers.

The junior class officers had fun contributing their time and effort to make this a memorable year.

We have matured greatly through spirit, academics and athletics. Remember just a few short years ago when we were little freshmen?

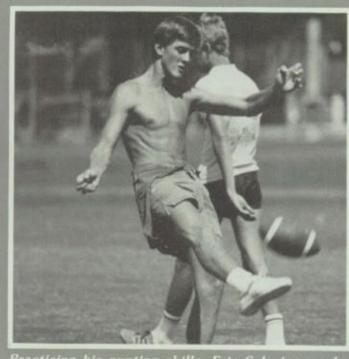
The approaching year will be crucial to our lives as we will enter the last year of high school, apply to colleges, finalize SAT scores, and plan for the future.

The Junior class officers were held in high regard by many (notice Kenny's walk-on-water feat). From the left, they are . . . Gay Heinaman, Kenny MacLeod, BJ Choi, Dena DeMaggio, Kris Peterson, and Pam Pressley.



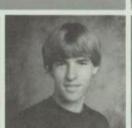
This year we reached new heights by getting more involved and by cheering on our fantastic Cougars.

juniors 86



Practicing his punting skills, Eric Schwing works out during P.E. class.













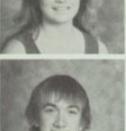












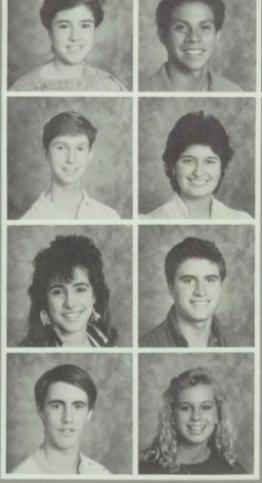








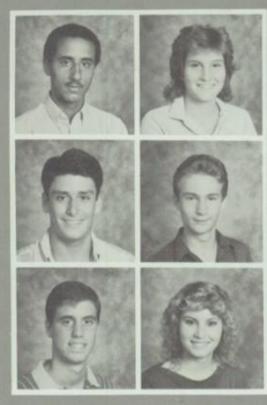








Pausing in the parking lot on a sunny day, Gary Kortz and Kim Sprogis share a smile.



Dawna Benton

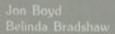
Dave Berkeley Joseph Beyma

Robert Binder Mickee Black



Lori Bohnet

Keri Boswell Kimberly Bower





Michelle Ryan hugs her buddies Chris Muradian and Mike Lacorazza after a pep rally in Cougar stadium.



Halloween provided an opportunity for these girls to show off their interpretation of what a bunny should look like!



David Brettell Kristen Britton











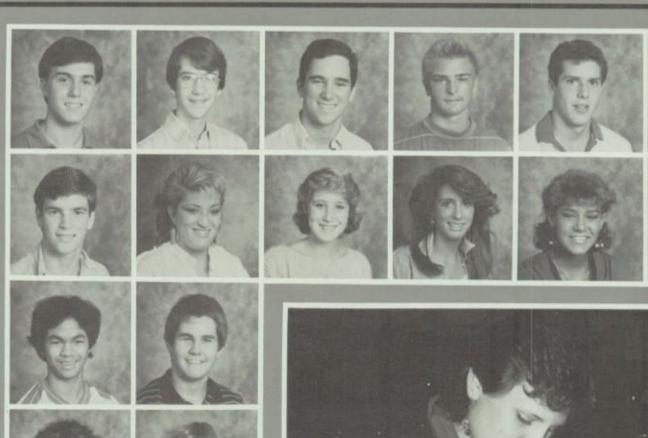
Lance Brown Ted Brown Dave Brull Jim Buckley Janice Bugna Dave Bunning

Mike Burgess Bryant Burkett Eric Busby Rac Calderon Nathan Call Mario Campanile

David Campbell
Laura Cannata
Christine Carpenter
Lisa Cartee
Jacqueline Case
Jean Chang

Vey Chen Matt Cheney

Lloyd Chittenden Donna Chmielewski



ES [12]6

Intensity showing in their faces, Cougar Varsity football players follow the action from the sidelines.



Concentrating on finishing up her homework, Sara Newbury pre pares for another day in English class.

Lisa Cinti Aimee Clark Kirsten Clark Shannon Clark Tim Clark Debbie Cleary

Collette Cobben Larry Cochrun Scott Cody Scott Cole Tracy Cole

Colleen Conroy Kelly Corell Donnie Cosbey James Coyne Brian Craig Jackie Cramer







Amidst the hustle and bustle of the Mall area between classes, J.J. Gat-lula spends a moment engrossed in conversation.







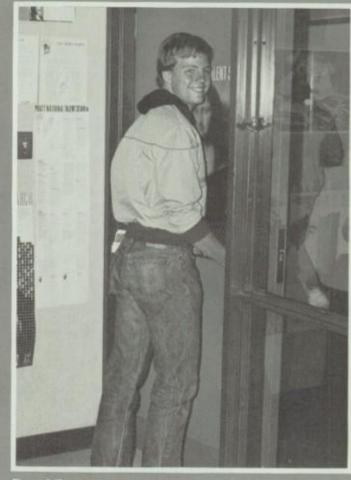






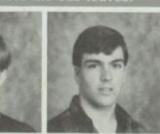


Registration in August is a first step towards begin-ning a new school year. Fresh from summer vaca-tion. April Franklin waits in line for her i.d. photo.



David Pietarila makes a quick exit in order to make it to his locker and back before his bus leaves.













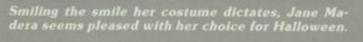


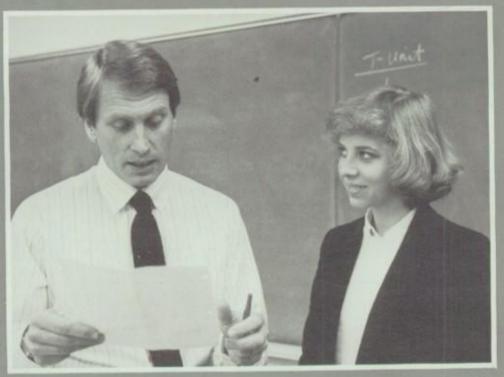








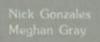


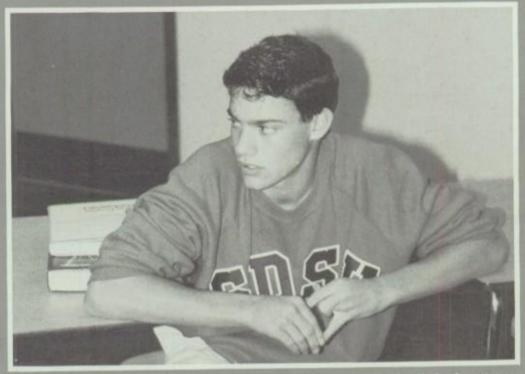


Donna Chmielewski discusses her AP Comp assignment with teacher Ken Kaefer.









Wearing the latest in San Diego State fashions, Dave Brull finds sitting sideways in class helps his concentration.



Wendie Wachal, Julie Simpson and Karin Size seem to be enjoying the entertainment presented during halftime at a Cougar football game.



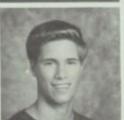










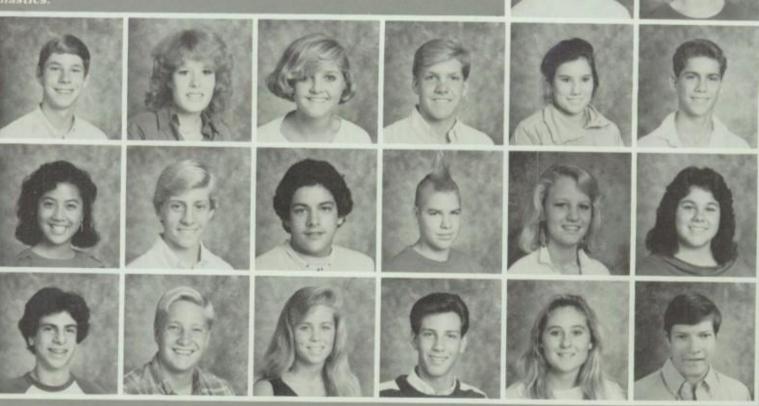




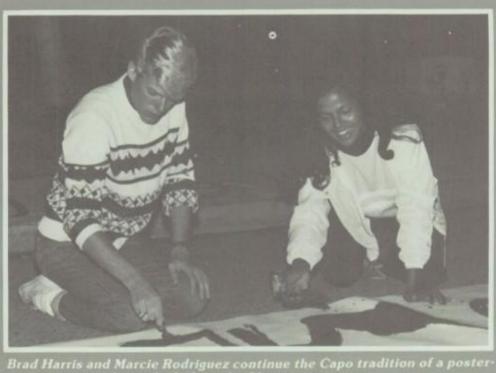


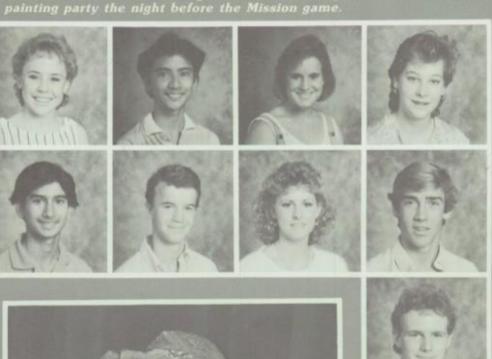
Paw Prints editor Julie Simpson works against the clock in pasting up yet another edition of the school newspaper.

Practicing her routines to perfection, Jane Madera prepares for another season of girls' gymnastics.













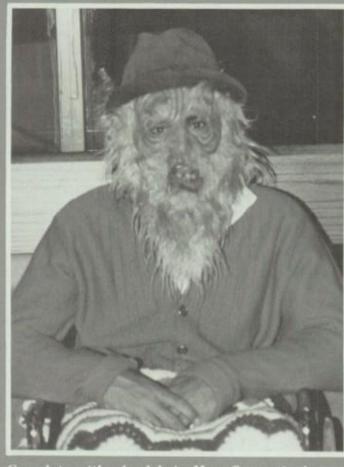








Dressed in his finest, Jim Buckley observes the costume judging contest at lunch on Halloween.

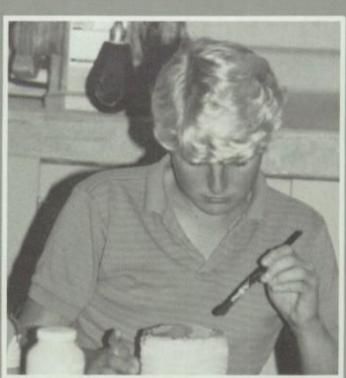


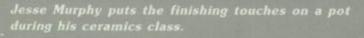
















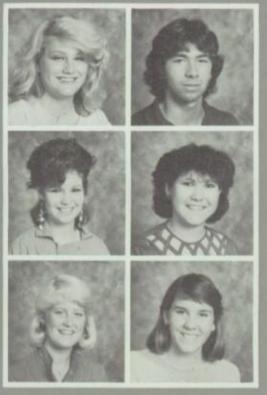
Dancing to the sounds of D.J. Chuck Hemphill, Juan Jimenez seemed to enjoy the sophomore-sponsored dance held in December.



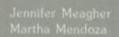
Kristen McConaghy

Susan McCullough Missy McDougall

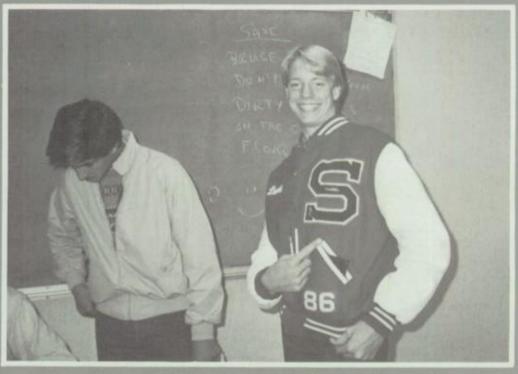
Mike McGill Greg McIntosh



Shelly McMillen Mark McWain



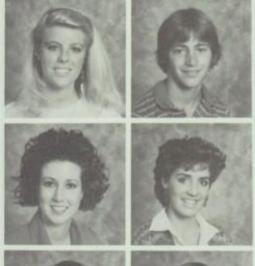
Michelle Meyer Vanessa Milburr



Lance Brown seems proud of his letterman jacket (even though it's not from Capo!) as he waits to ask Mr. Mohit a question in math class.



Gina D'Amore, Joan Lemmon and Stacie Thomas pause for a moment between classes to catch up on gossip.









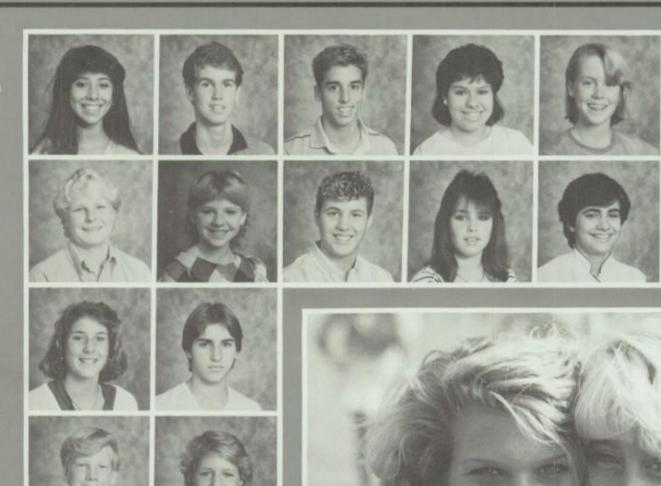






Tammy Miller Stacy Mitchell

Shay Moftakhar Kip Monson Michelle Montebello M. Marie Montebello Steve Montes David Mooney





Karen Hitzfield, Sara Newbury and Debbie Peterson adjust their costumes backstage before the costume-judging contest at Halloween.

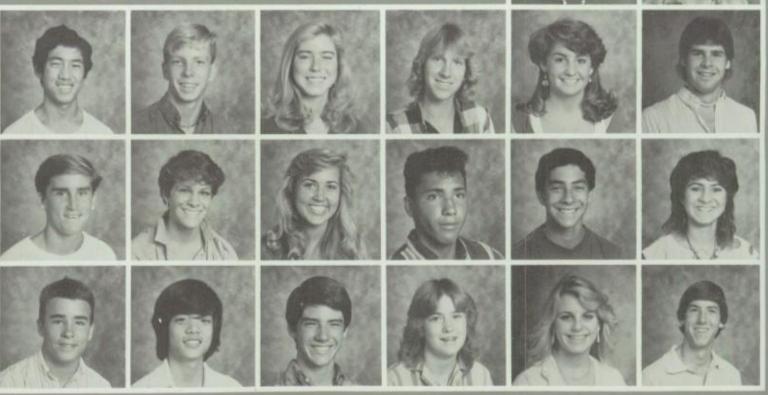
Laura Sammons and Michelle Meyer share a hug during Pep Squad practice.















Liz Willes shows off the birthday cake given to her by classmates early in the school year.

Dave Pietaril Laura Pilafar Beth Pilie David Pino Jeff Piraino Kai Polzien



Cary Potter Mike Powell Kelley Pratt Pam Pressley Linda Prufer



Jennifer Prui Juan Puente Tim Randall



Shaghayegh Rashid Fard Stephanie Rathke Lara Rausch



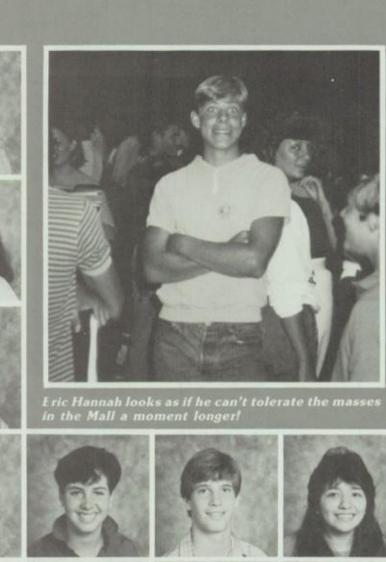
Shawn Reed Darin Reeve Jon Reid

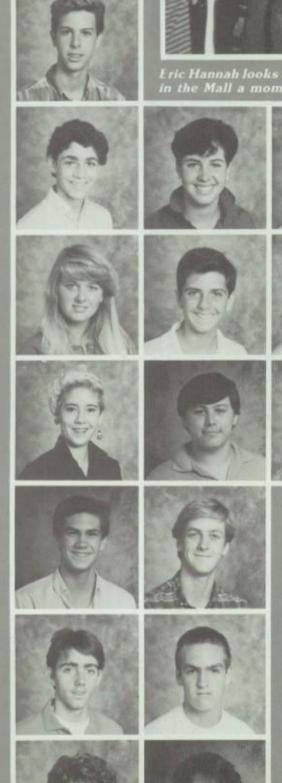


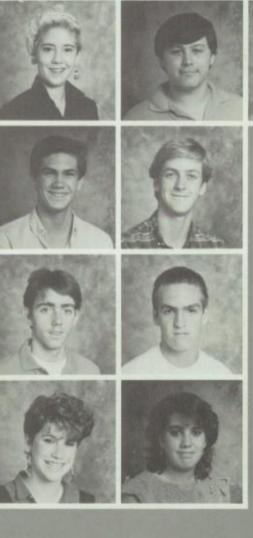
Brandi Reinhardt Cheryl Reyes Stephanie Riddet

Nathan Call and Todd Beightol head into the main building from the portables during their busy school day.

111

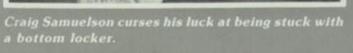


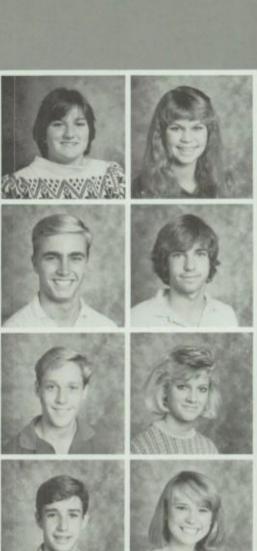


















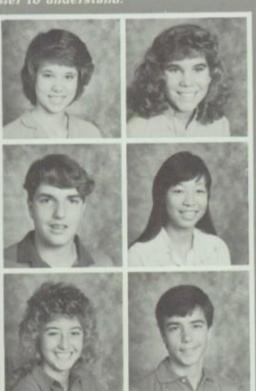






Practical experience in science through labwork can make concepts of sier to understand.



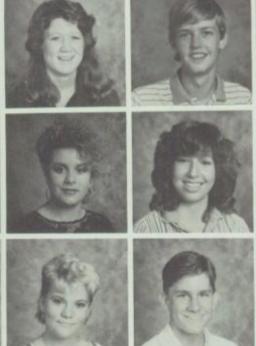




Waiting for their ride home, Lisa Niccola, Janet Day and Colleen Kelley relax on the front steps.



Chris Yohn finds his shirt a handy way to protect his head from the sun while playing volleyball in P.E.















Yannick Sovrones Laurie Springer Scott Stark Sherry Stead Scott Stoker Chris Stone

Amy Stubbler Scott Taft Nelly Talebi Hiroe Tanaka Francisca Tapia Evan Tassistro

Bryan Taylor Steven Taylor

David Thibedeau





A common sight around Capo is the tradition of decorating friend's lockers with wrapping paper and ribbons on their birthdays.



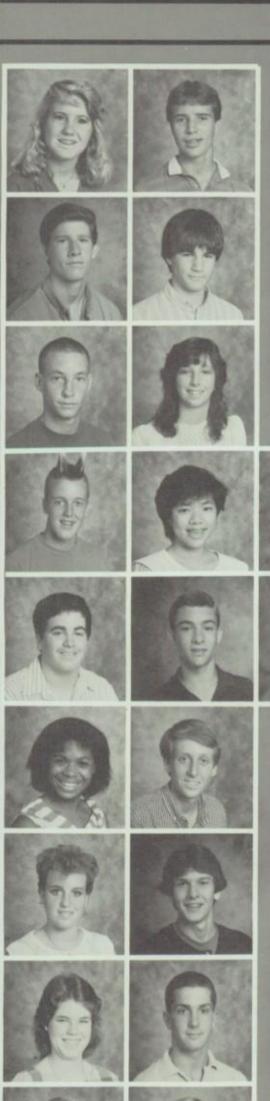
Practicing with the flag team after school, Marcie Rodriguez shows off her Cougar-pride smile.

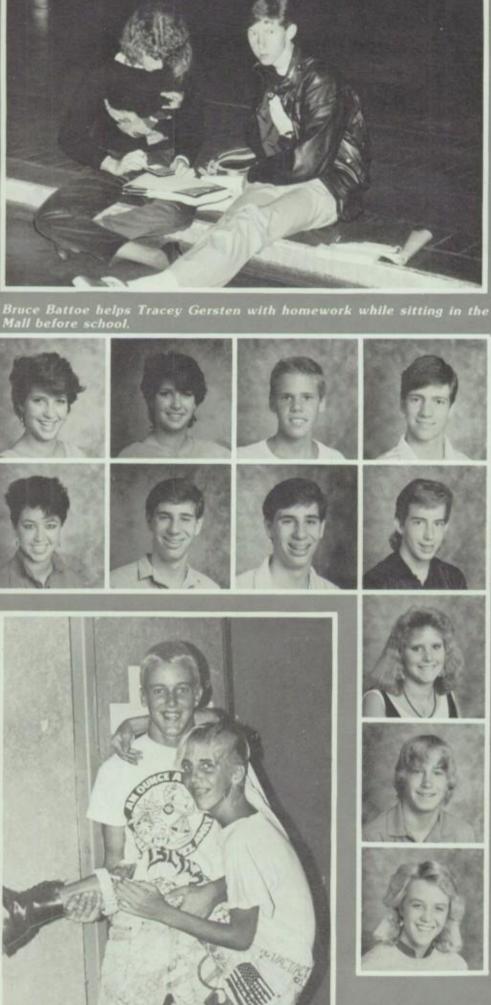
Jason Trask Todd Travers Linda Treptow Mark Trevett Carolyn Trotta

Grace Turi Holly Tyler Eric Umbreit Mike Urbani Luis Uribe

Kim Vasquez Tim Vavrinec Marco Venazi John Vickery Prema Vora Wendie Wacha









Known for their "unconventional" attitudes and dress, Mike Warnes and Mark Abshire show off one of their outfits!

Jill Wagnon Mike Wahlquist

Dan Walczewski

Eric Waln Michelle Ware

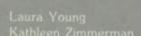
Mike Warnes Yu-Jen Wei Tamara Welch Tammy Welch Shayne Wemple Paul Wend

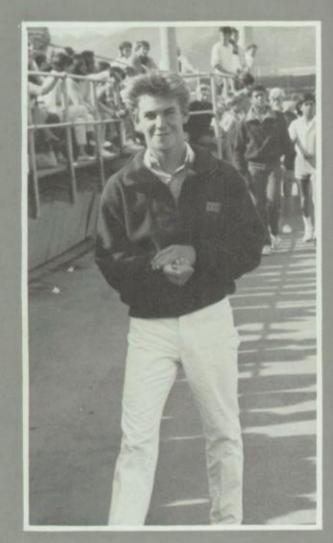
Mike West Stephen Wienker Elizabeth Willes Craig Williams C. Kenneth Williams Steve Williams

Stricia Wilson Jon Wisson Tracy Wojciechowsk

Jennifer Wolynetz Larry Wombles Brad Wood

Amanda Yoha Chris Yohn Jacqueline Young

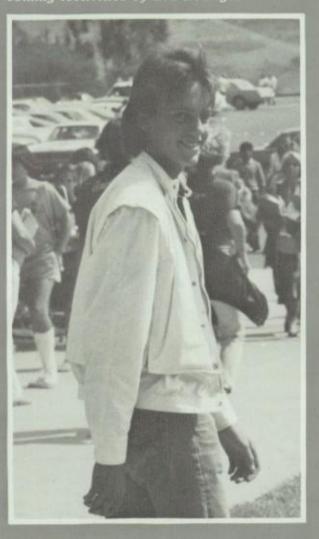




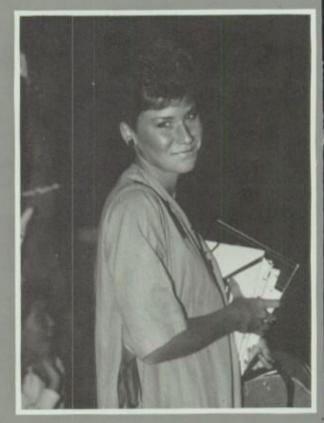
Tony DeAlto tries to find a seat at the Mission rally.



Jr. Princess Shelly Crumpler and her father are escorted to their position at the Homecoming festivities by Eva Rodriguez.



With a sly look in his eyes, Jody Elkins quietly follows a cute Cougarette around the side of the building.



Gay Heinaman shows her Halloween spirit as she goes to a pow-wow with her friends.



Hotosa Ebrahimzadeh enjoys taking part in the Mission EP.



Patti Bowers insists that store-bought pudding is better than Amy Booker's cafeteria pudding.



With a huge smile, Christen Bartelt finishes her notes at the end of class.



David Nagel is obviously "engrossed" in his encyclopedia.



Excitement reigns after another Cougar football win.



Kristy Mulhaupt wonders if it's okay to turn her homework in late.



Mr. Babb's chemistry labs can be exciting — especially after squirting a pal with the water bottles!!





## Sophomores Show Pride In School

The class of '87 had a great year. Led by Sophomore Class President Alex Lonne, they have shown spirit and the willingness to make their class the best.

Successful fundraisers such as the pizza eat-a-thon and the dance to benefit Ethiopia as well as the hungry in our community made the sophomores come out on top. They took pride in their school because they "wanted to make it the best." Of her all-female cabinet Alex said, "They were hardworking and put a lot of effort into their

Unfortunately. Alex and her family moved to Argentina mid-year, but her shoes were filled by vice-president Nikki Lloyd. With such enthusiasm and spirit, the class of '87 continued striving to reach their goals. The future looks bright. Coming out of the freshman syndrome wasn't so hard. Set your goals high and you will attain them. Good

Pictured clockwise from left are: Alex Lonne, president: Amy Underwood, treasurer; Danielle Clark, representative; Nikki Lloyd, vice-president; Kim Brower, secretary; and Karen Stuetz, representative.



Dreaming of the future, sophomores made their presence known by plastering the mall with posters during Spirit Week.

sophomores 87

Kellie Abrams David Adams Maria Aguilar Bobby Ali

Kamal Ali Izabella Al-Mandili Jim Alvarado Rick Amato

Adam Ambrose J.T. Anderson Rebecca Andrews Mike Arakawa

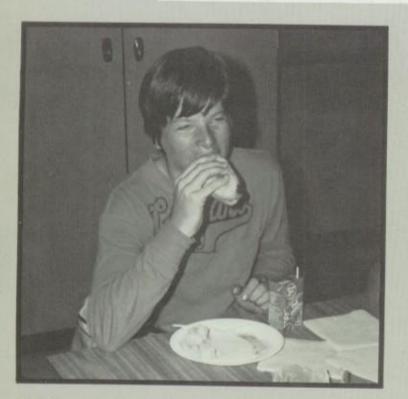
Colin Arblaster Jason Arnold Mark Artale Jamil Atcha

Jim Atchison Lance August Ivar Austin Elise Autenrieb David Avitia Connie Azar Bobbie Bailey

Allen Baker Kristy Baker Tracy Bame Michelle Barland John Barnett Colleen Bathgate Consuelo Becerra







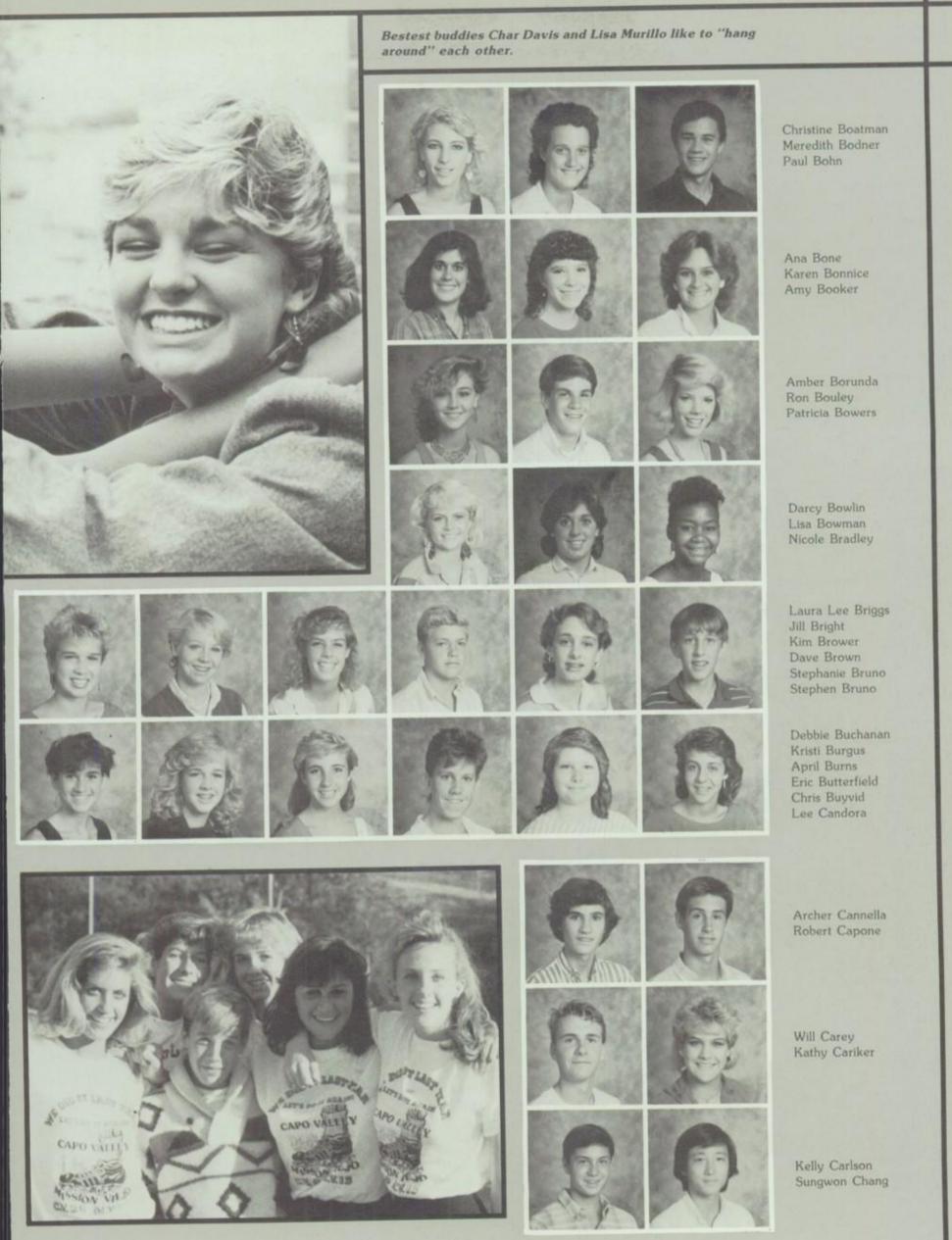
Pat Beyries enjoys a bratwurst on brotchen at a 4th period food day in German.

Samanthe Beck David Beckman Darin Beebower Matt Belardes

Pam Benn Arman Bernardo Pat Beyries Ken Binder

Kim Bingham Nikki Bingham Tonya Bishoff Matt Blanchart





Distracted by a lone male, JV cheerleaders pause at practice.

Michele Cheeseman Kaoli Chen

Pong Chen Sierra Chen

Claudine Chevez Glenn Chivens

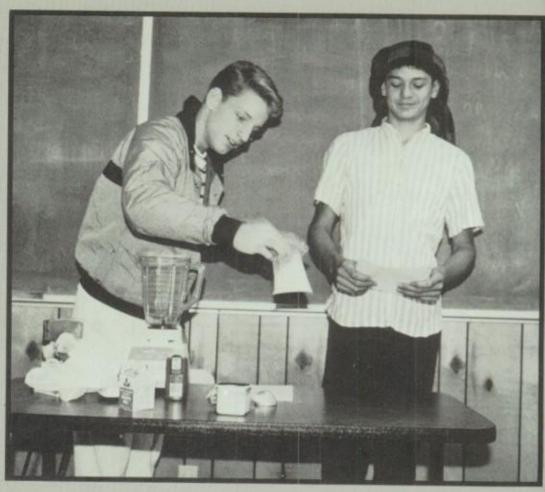




Sophomores turned out for athletics in full bloom this year as John Barnett proves here.



Brian Lederman frequents one of the most popular spots on campus, the snack bar between classes.



Richard Grant and Kurt Riedl explain to the German class how to make a vanilla malt.

Kirsten Chong Leanne Chubb Laura Chuha

Susan Ciabattoni Ricky Cicchini Cara Cimarrusti

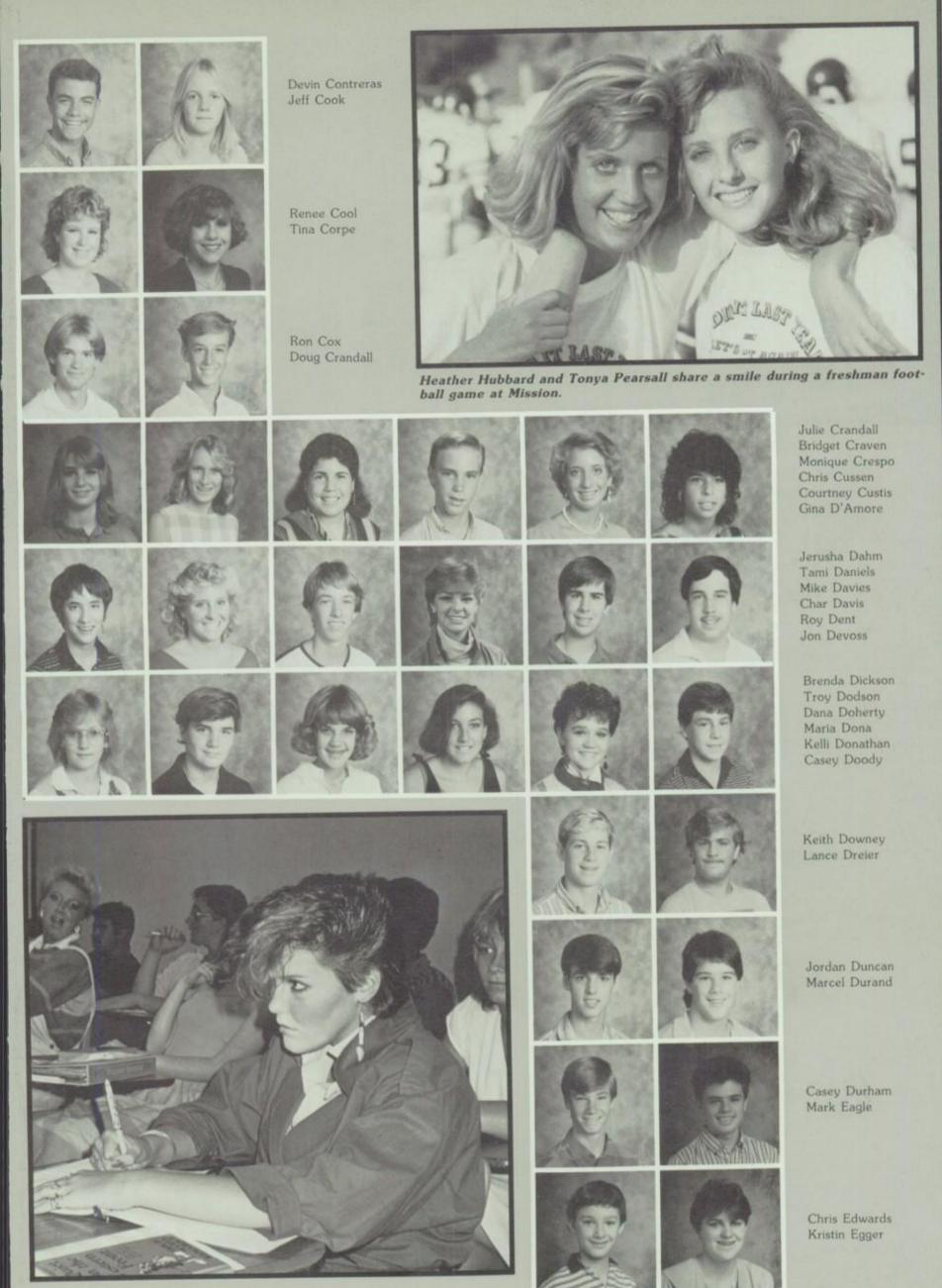
Danielle Clark Gavin Clark Pam Clark

Ryan Clarke John Clune Skip Cody

Paul Coggins Teresa Cole Tracy Cole

Donald Collins Angela Colombo Caylin Combs





All is quiet in English class as Becky Andrews adds to her notes.

Sharon Eggert Michelle Elliott Dan Erickson Amy Esau

Sean Espe Suzanne Fagan Sean Fairburn Steve Farlow

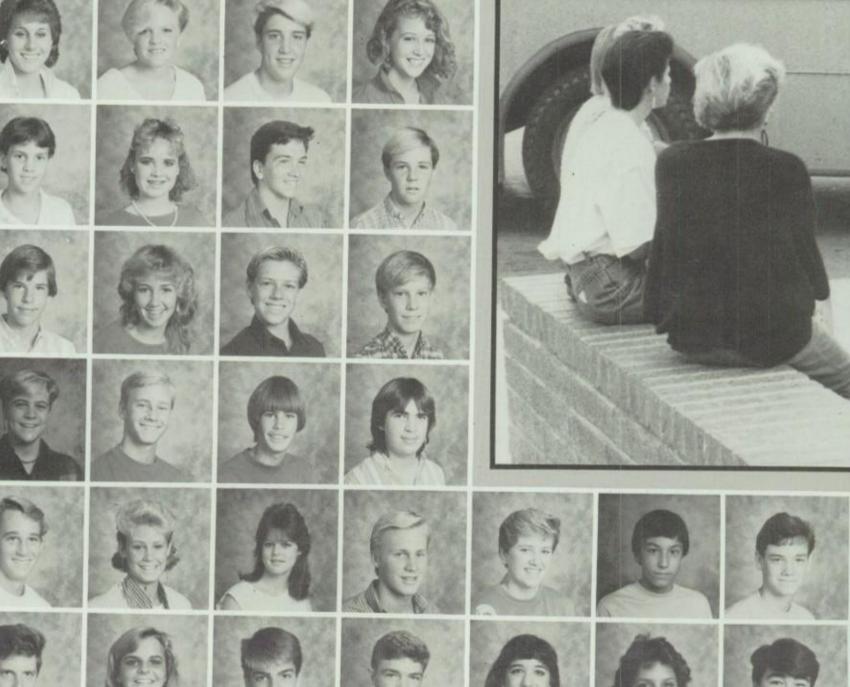
Greg Faulds Chelsea Favrhow Bill Fearing Steve Felix

Carol Felton Paul Filipowicz Eric Fischer Keith Flannery

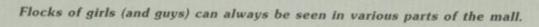
Greg Florentine Kari Floyd Kim Folsom John Fosdick Jeanene Fox Greg Foy Darin Frank

Jim Frantz Tricia Gabris Will Galaviz Dan Gallagher Jennifer Gambale Ava Garcia Fred Garcia





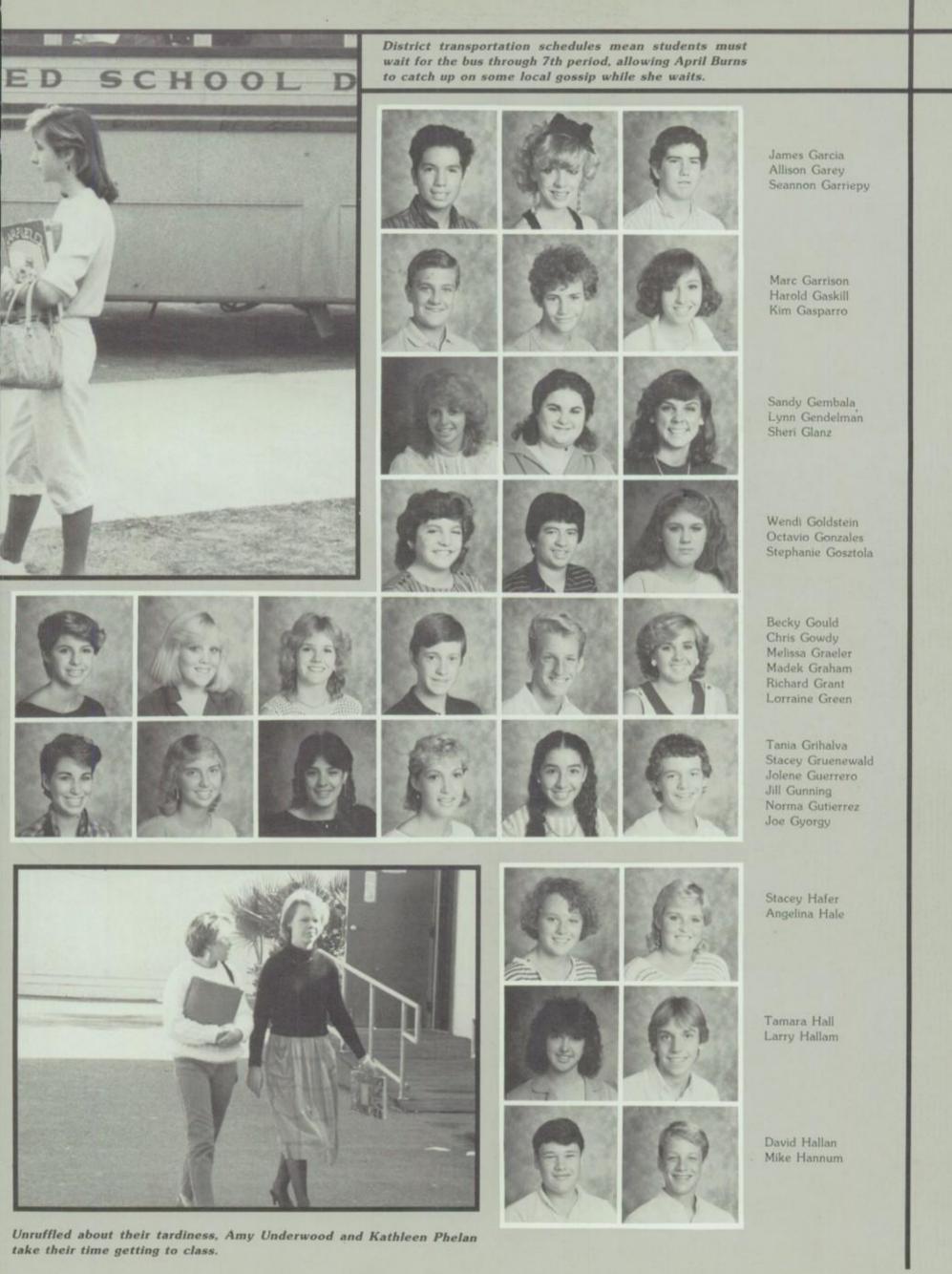






ISTRANO

Sean Razee and Mike Wozab study in the halls before school.



Jon Hansen Julie Hartman Shelley Hastings Eric Haugen

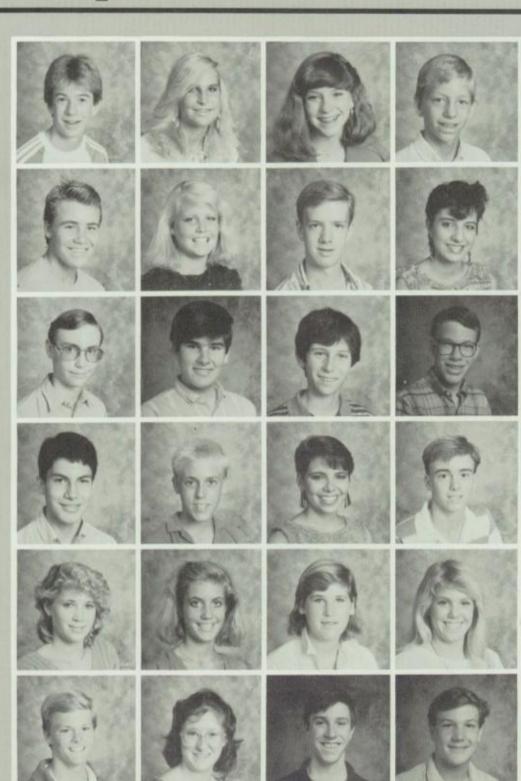
Scott Head Katie Henderson Andy Hess Kim Hierl

Curtis Hill Jeff Hill Greg Hinton Jon Hoglund

Jason Holmberg Nick Hope Jennifer Houston Chris Howard

Cindy Hoyt Heather Hubbard Elisa Huesman Janet Hunter

David Hynan Marcy Irving Dale Jackson Josh Jacobsen



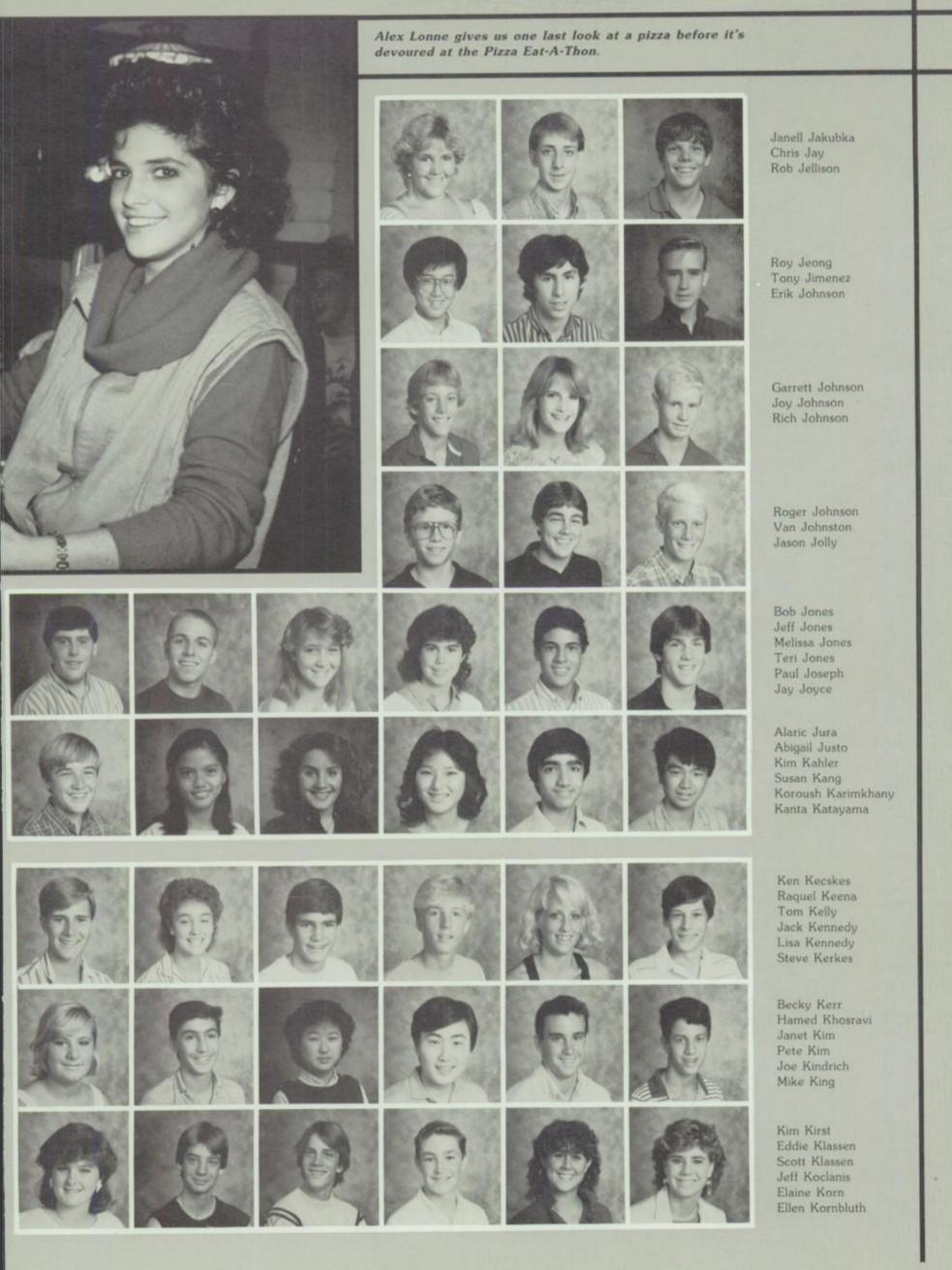


Amusement is found for Amy Booker, Jennifer Mather, and Patricia Bowers as they share a laugh during seventh period.





Sweet sixteen brings a smile to Nicole Leonard as she celebrates in the mall.



Todd Kostoff Amy Kovacovich

Robby Krumwiede Kristen Kulow

Mike Kurtz Mike Kusy





Friends Hiedi Links and Kristi Mattero spot a friend in the parking lot.



Cougar spirit is ignited by sophomores like Diane Lohman, Kristi Burgus and Michele Tayler.



Yannick Sovronec kicks back on a moped after school.

Lisa LaForte Mike Lagasse Gina Lancaster

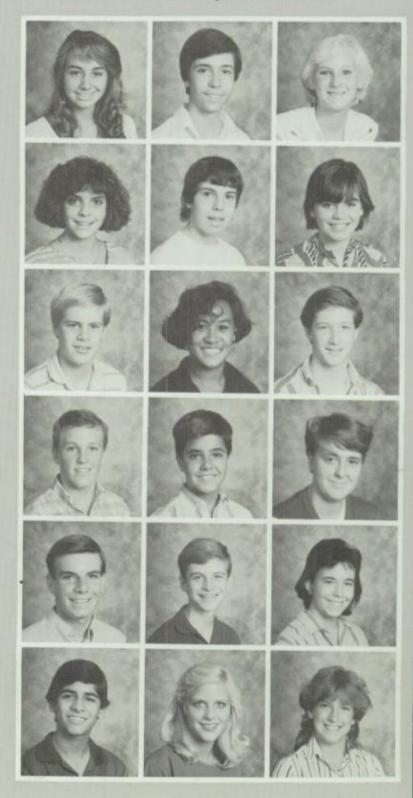
Michelle Landini Louis Lapierre Amy Lapple

Steve Larson Kim Lau David Laughter

Steve Lawrence Ken Layton Geoff LeBaron

Brian Lederman Bill Lemmon Maureen Lenhard

Damon Leon Nicole Leonard Veronica Leonard





Caught in the big bite, Danielle Clark enjoys the sophomore pizza eat-a-thon at Round Table Pizza.

Elaine Maz Kelly McBride Debby McClellan Lee McCormack

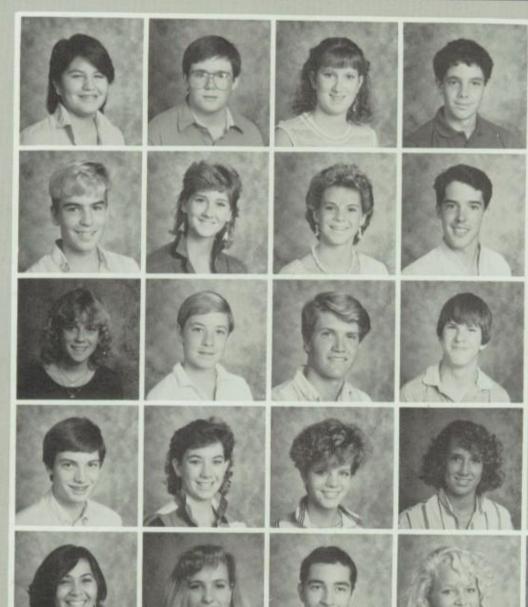
Jimmy McCrary Angie McCraw Tracy McCraw Scott McCullough

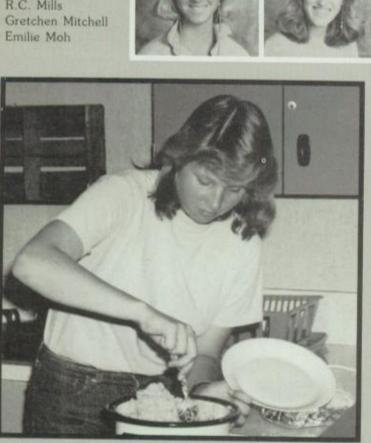
Kim McElmeel Donny McIntyre Kevin McKelvie Steven McLaughlin

John McLeod Patty McMahon Dionne McNeff Trisha McNerney

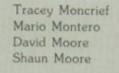
Kim McWain Laurie Meinhart Joel Mendoza Shannon Mercer Kim Meyer Craig Meyers Patrick Meyers

Kelly Mezo Danielle Miller Kevin Miller Krista Miller R.C. Mills Gretchen Mitchell Emilie Moh





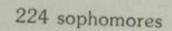
Chris Buyvid dishes up sauerkraut at the German II "Oktoberfest."

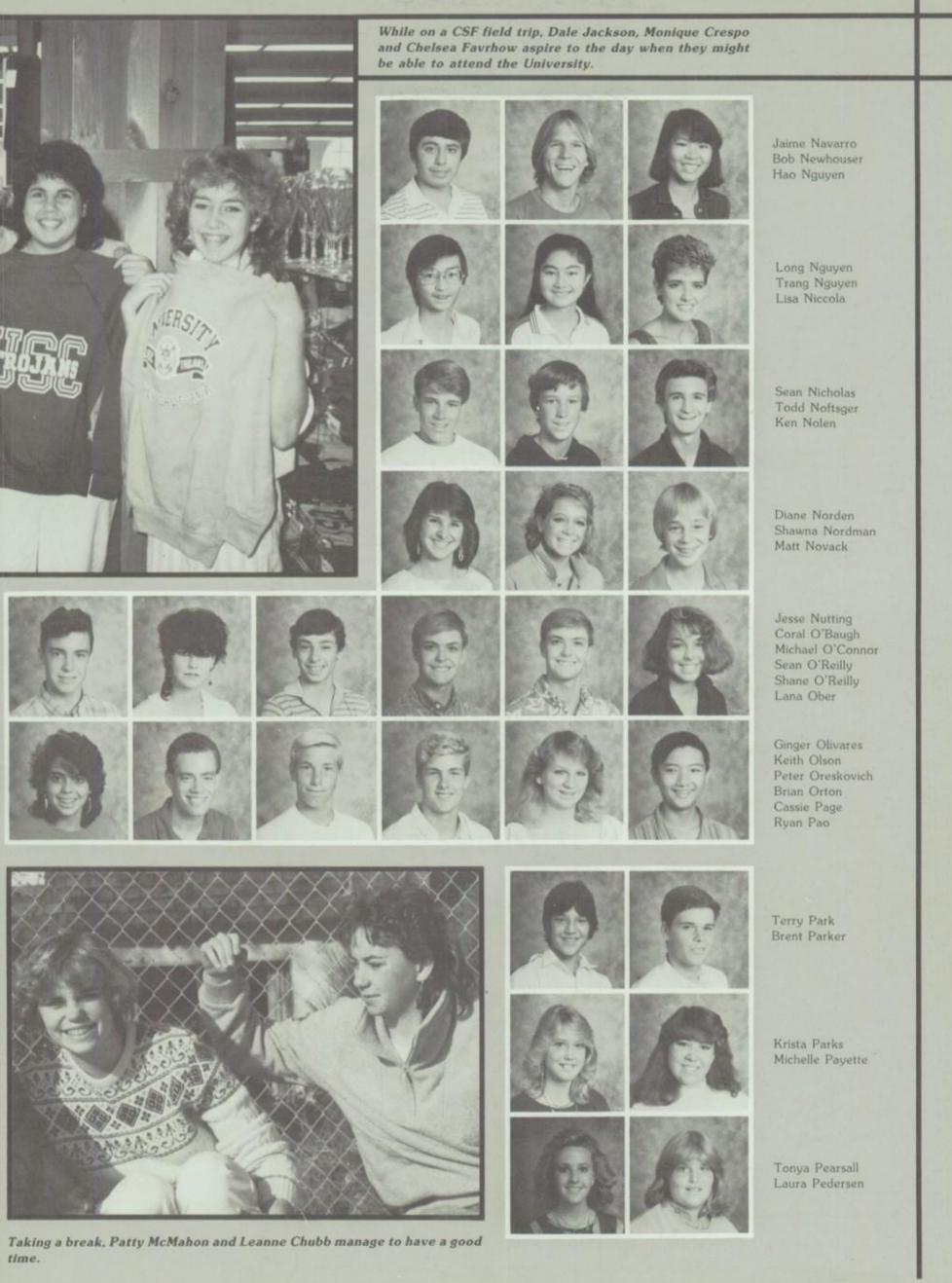


Trina More Jessica Moss Tom Mount Nick Muce

Lisa Murillo Kelly Murphy Kim Myers Julie Naughton







Renee Perron Kristi Peters Marc Peters Erik Peterson

John Peterson Tom Peterson Angela Petit Kevin Petrisko

Kathleen Phelan Jennifer Phillips Christopher Pickslay Mike Pierce

Paul Pierce Scott Pilger Jessica Pinon Geoff Plague

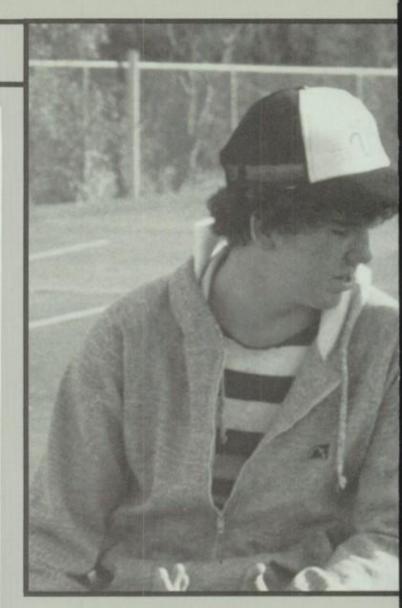
Steve Poltl Mira Pranata Dwayne Prinzing Paul Pritts

Mike Props Susie Prutz Allyson Quigley Todd Quinn





Most dances this year were crowded but still immensely enjoyed.





Michele Tayler waits patiently for ASB pictures to develop so she can paste them on the cards during registration.

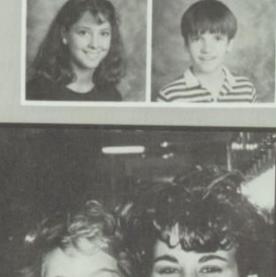
Seannon Garriepy and Chris Newlin share lunch in the parking lot. Terri Rafeedie Alexander Ramirez Rachel Ramsey Natalie Ray Sean Razee Craig Rebek Patti Reinitz John Remmell David Reyburne Mark Reynolds Doug Rhodes Eddie Rhone John Rice Stacey Rice Kurt Riedl Yvonne Riemlord Damien Riley Shelly Ritenour Kelly Roberts Kevin Roberts Lisa Robinson Gwen Rogers Brett Rohloff Ruben Romano Jeff Romero Teresa Romero Ted Romine Larissa Roostee Rebecca Roper Doug Rosa Julie Shean, Jill Gunning, Becky Gould and Anna Volkman wait for the bell to signal the start of school.

Arçelia Rosales Joe Rossini

Steve Runge Beth Russell

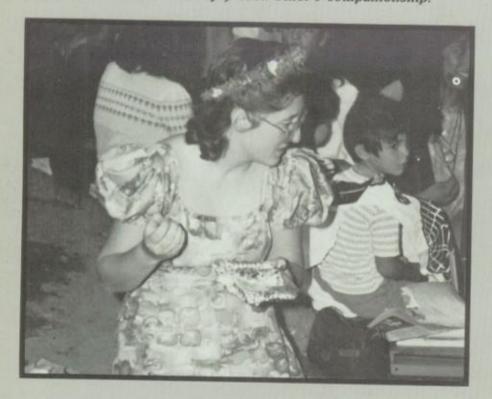
Denise Ryan Mike Ryan



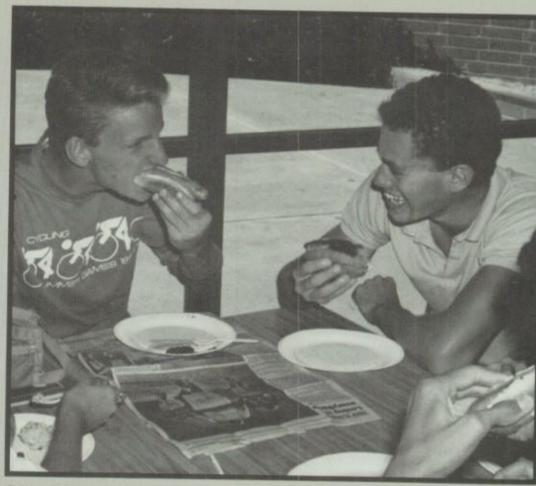




Taking a break by their lockers, Laura Lee Briggs, Shawna Nordman, and Tania Grihalva enjoy each other's companionship.



Marcy Irving displays the latest in fashions on Halloween.

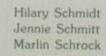


Richard Grant and Keith Olson enjoy their Bratwurst as part of a cultural enrichment for their German class.

Chris Sabin Sarah Sahdala Tracey Salbato

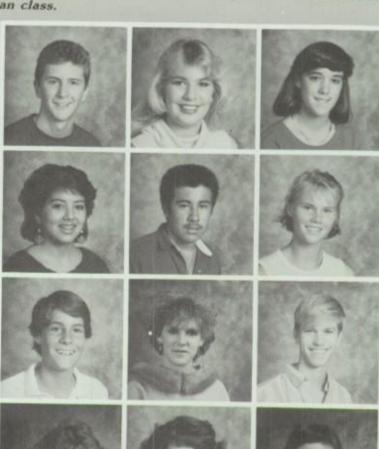
Desiree Sanchez Richard Sanchez Inger Sanderud





Bob Schy Dawn Scirica Laura Seapy

Shaun Sedgwick Kris Sekeris Todd Semingson









Kari Steinke David Stephens Scott Stifter Shelley Stoffel

Steve Streger Kurt Stremel Reyth Strickland Alicia Stuback

Karen Stuetz Tom Stufft Maya Sund Jennifer Swanberg

Tina Tangdit Michele Tayler Jeremiah Taylor Sean Teer

Steven Thomas Tom Thomason Wendy Thompson John Thornton Thomas Tomczik Paul Tondo Daphmarie Torres

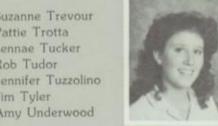
Suzanne Trevour Pattie Trotta Jennae Tucker Rob Tudor Jennifer Tuzzolino Jim Tyler Amy Underwood





Heading towards the cafeteria, Adam Ambrose check to make sure he has enough money for lunch.







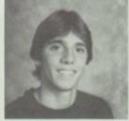
























Gina Mariella, Shelly Avdeef, J.T. Anderson, Jim Tyler and Nikki Bingham seem excited about the dance.

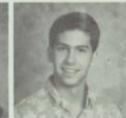
Gena Van Horne Wendy Vandermeulen Karen Vargo Brad Vaughan

Christa Verwayne Thuan Vo Anna Volkman Chris Vollmer

Pritish Vora Larry Wagner Becca Wahlquist Mike Waibel







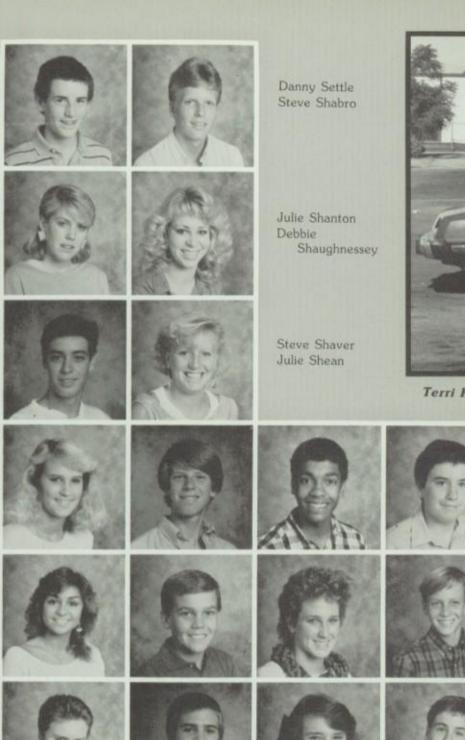


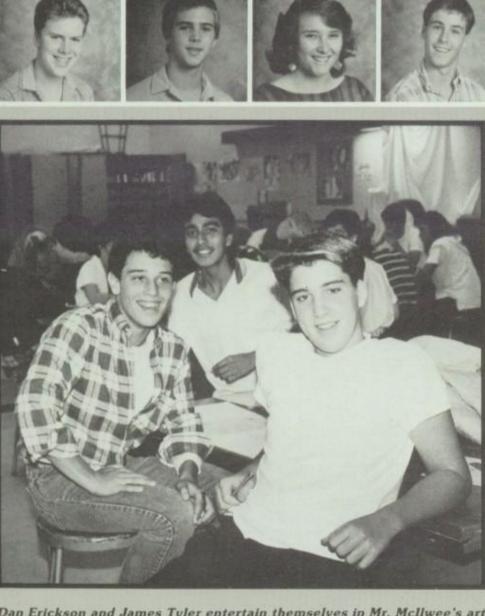












Dan Erickson and James Tyler entertain themselves in Mr. McIlwee's art class.



Terri Rafeedie practices her driving skills in the student parking lot.











Alison Sherman Bruce Sherman Rocky Sherman Jerry Shipps James Shultz Christy Sibbs

Michelle Siler David Sivak Melissa Skinner Charlie Sloan Darrin Smith Karl Smith

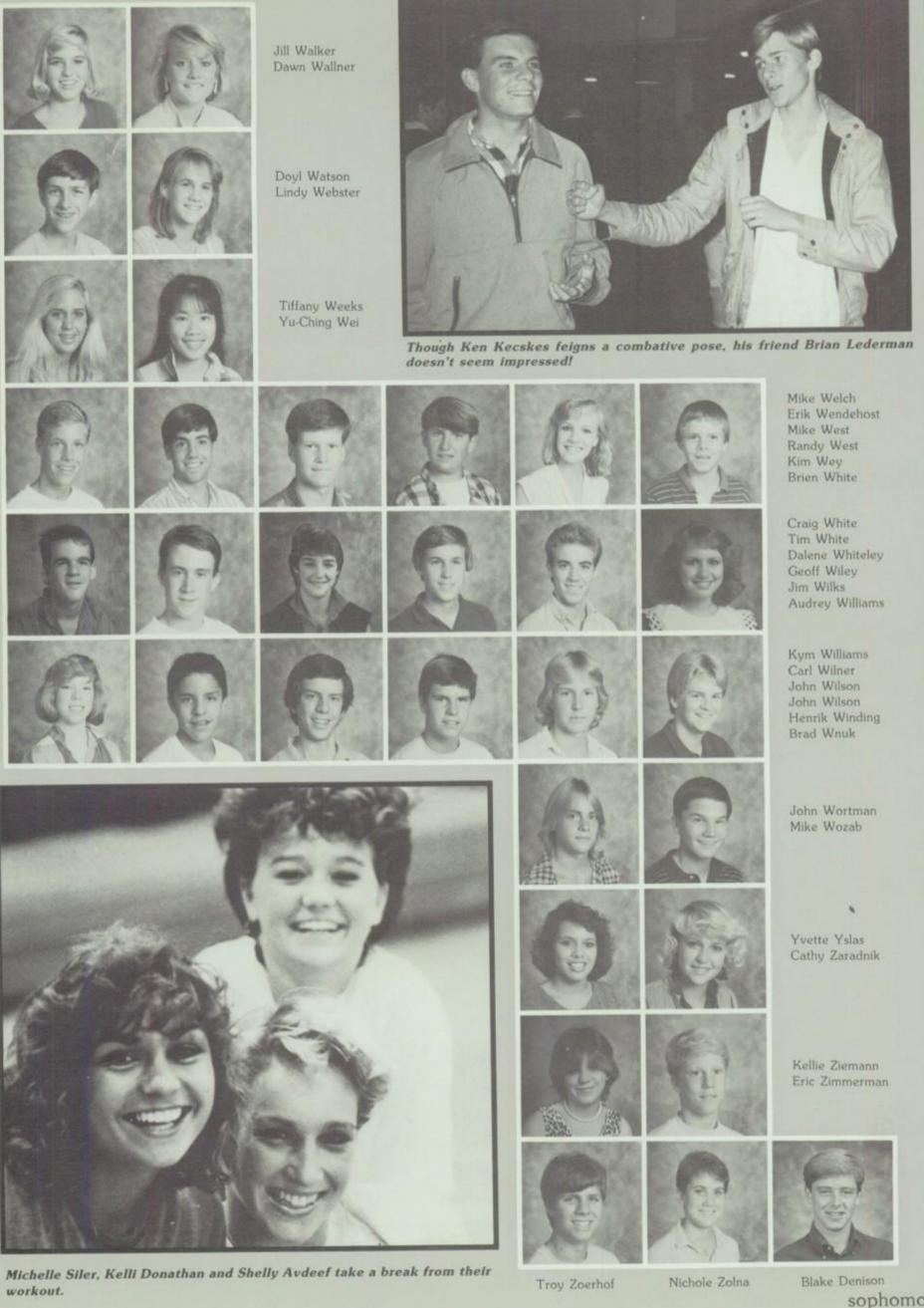
Kevin Smith Mike Smith Valerie Smith Brett Snyder Collette Snyder Christina Sommers

Greg Souza Steve Sprinkle

Kim Sprogis Jill Stafford

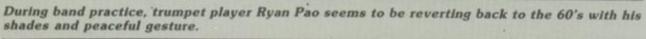
Jill Staller Kristian Stapleton

Keith Stark Randy Staufer



sophomores 231





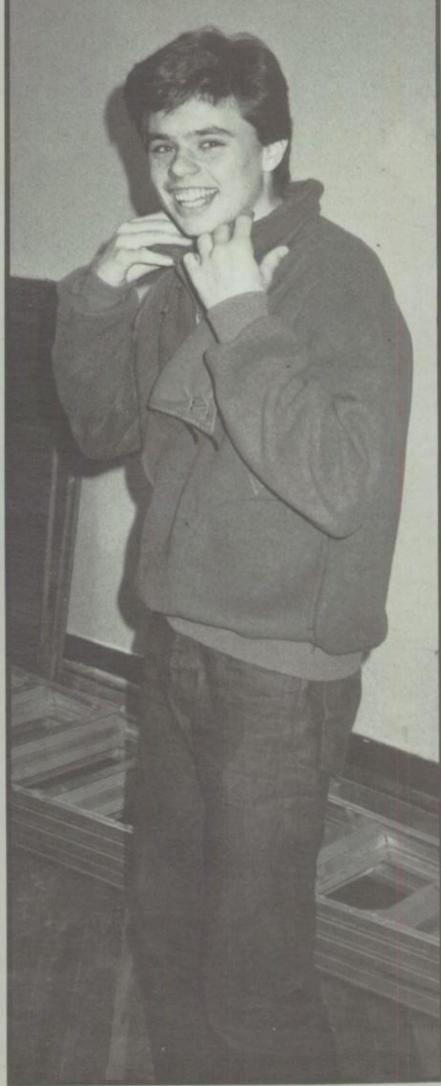




Michele Tayler shares a secret with an interested friend during a break from cheering at a Varsity football game.

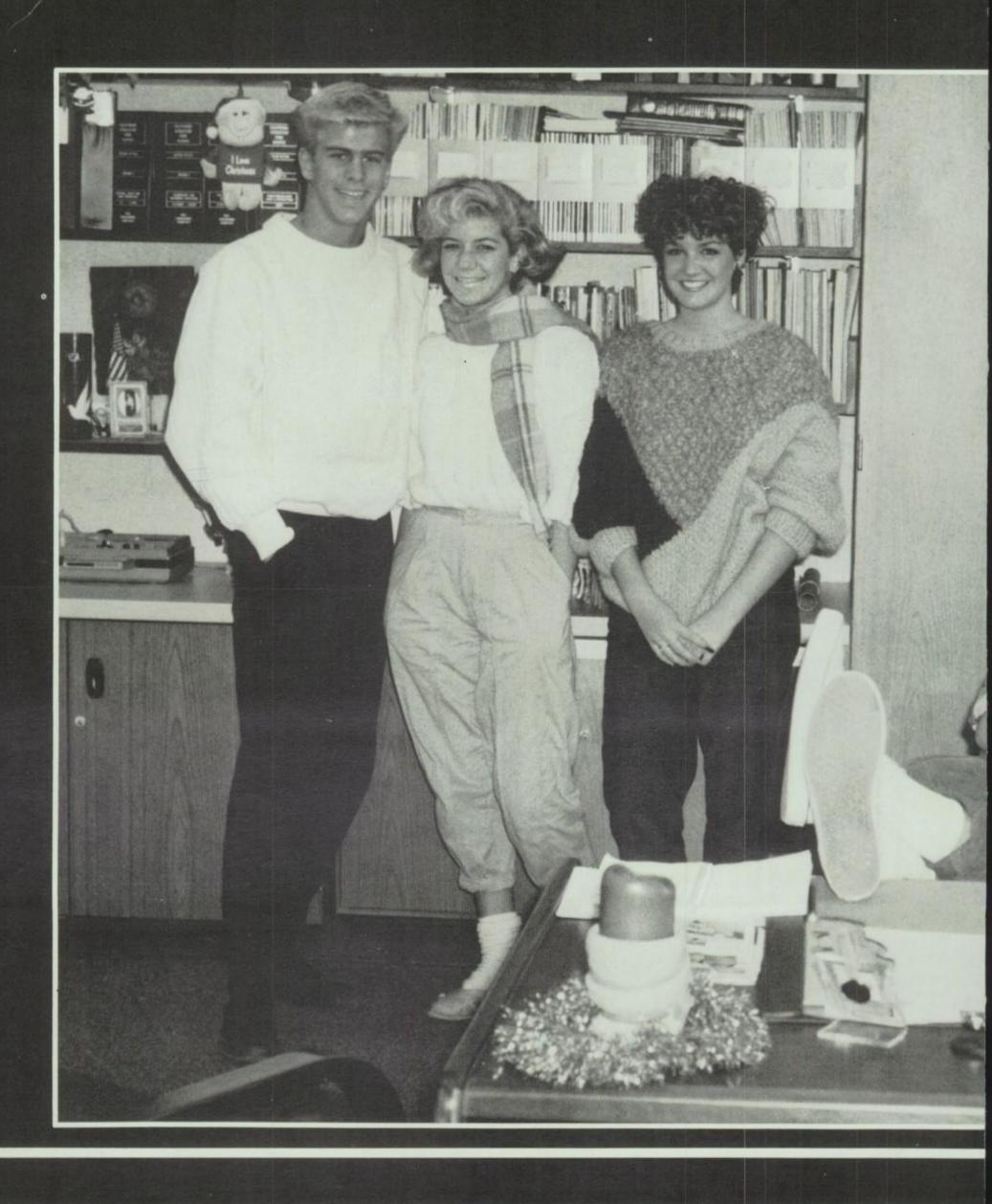


Cindy Banuelos, Amber Borunda, and Kathy Cariker show off the latest in hair styles.



Readmit in hand, Keith Downey heads off to his first period class.

Drama class inspires laughter backstage for aspiring young actor Mark Eagle.





#### Frosh Show Pride In a Big Way

In the hierarchy of high school life, the freshman year is probably the most difficult. New to Capo Valley, most freshmen are a little overwhelmed and perhaps intimidated by the larger campus, the upper classmen and the more strident academic program. However, we all survive it and sooner than we realize, June is here and the sophomore year looms ahead. We look forward to no longer being "low man on the totem pole."

longer being "low man on the totem pole."

This year's freshman class of over 600 was the biggest in Capo's history. Though freshman class president Chris Ashbach felt at times his class "lacked enthusiasm," he felt overall it was a good year for the class of '88. On the agenda as fund-raisers were a dance and the sale of flowergrams at Easter time. Basically, all of this year's class officers knew each other before becoming officers and made a harmonious group to head the class. Overall, the feeling of the class seems to be summed up in Chris' comment: "I didn't think it would be so much fun to be a freshman!"

Freshman class officer from left: Tommy Adams, vice president; Kelly Casey, representative; Tiffany Black, secretary; Mike Maciborski, treasurer; Stacey Smith, representative; Chris Ashbach, president.



Hoping to increase their sense of identity and cohesion as the Class of '88, freshmen demanded that they "do exist" in a poster painted for Spirit Week early in the year.

freshmen 88



school.

Tommy Adams Frank Aguilar Jamie Ahlman

Jason Allen Kelsey Allen Damon Alton

David Anderson Tristen Anderson Tony Anstead



Vanessa Armstrong Craig Artim Kelli Asay Chris Ashbach Colton Ashby Mike Attaway

Erin Ayanian Heather Babel Damian Baiocchi Cheryl Baker Ron Balagot Scott Ballard

Slade Ballou Tina Banda Cindy Banuelos

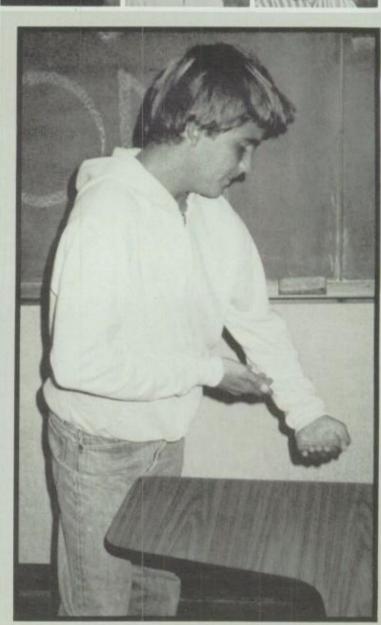
Alex Barillaro Dawn Barlow Amy Barnes

Mark Barnes Joshua Basham Brent Bassett

Helen Baumgarten Susan Bayhi Alissa Bayles

Leticia Becerra Patricia Becerra Stuart Beck

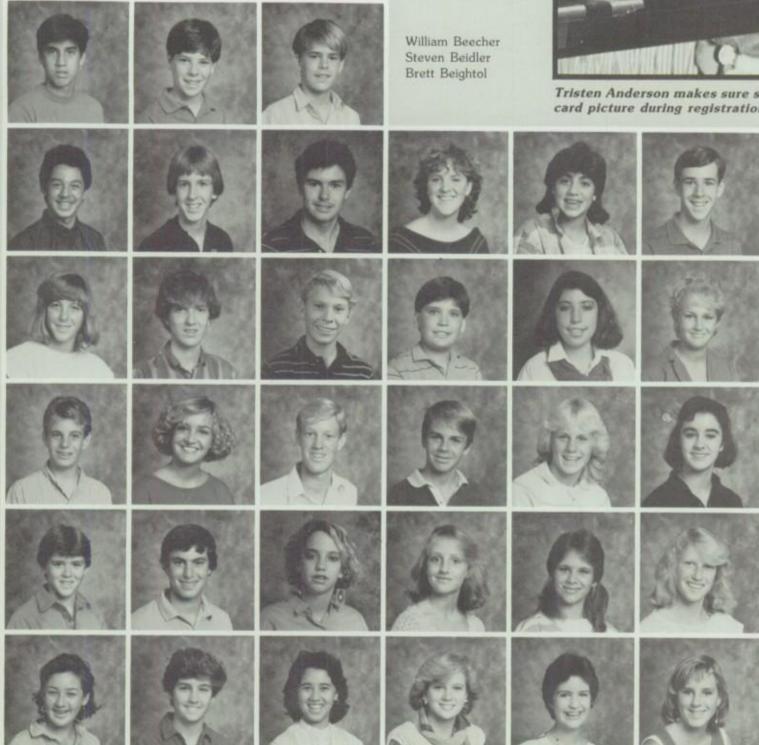




Budding actor Ron Cast runs through a scene in drama class.



Bodyguards Jason Toney and Walt Maciborski watch over Mike Maciborski during freshman elections.



Tristen Anderson makes sure she looks good for her ASB card picture during registration.

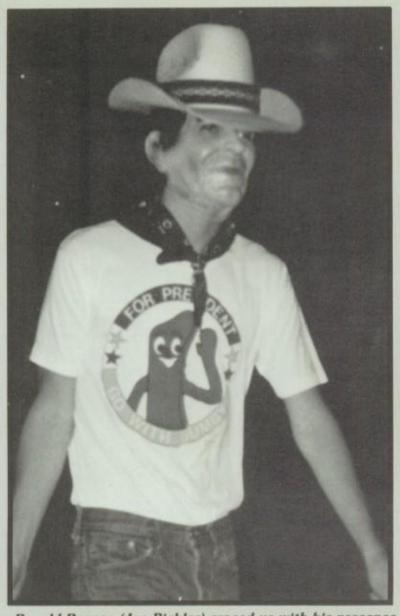
Domingo Belardes Jason Bell Chris Benner Kira Davey Silva Berberian Alan Bernardo

Tammy Berns Jon Bickler Michael Bigler John Binaski Sara Bird Heather Birtle

Jason Bisbal Tiffany Black John Blackburn Brad Blasis Jennifer Bley Katie Bone

Scott Borst Chris Bott Marni Bowser Rebecca Boyd Tammi Boyd Chandra Boydstun

Traci Boyle Audrey Bradford Kimberly Bradley Karen Bramwell Patricia Bravo Rebecca Brokken



Ronald Reagan (Jon Bickler) graced us with his presence at a football game.



Enjoying lunch, Jill Bruschke and Caren Fully catch up on what's been happnin'.

Andy Bryans Anthony Bryans Ralph Bunch Steve Burch Derek Burkett

Brian Busby

Rebecca Cabral Jane Cairns Paul Calco Celia Calkins Becky Calley Mark Campbell

Stacie Campbell Melissa Caporaso Christen Carey Stephanie Carey Shannon Carnaham David Carney

Deanna Caroccio Brad Carpenter Laura Carrillo Drew Carson Jennifer Carter Tammy Carter

Jamie Case Kelly Casey Ron Cast Ron Cates Kevin Cathcart Alice Cha



Tim Brooks Kim Brown



freshinen Hirbod Ebrahimzadeh Jason Elias Gwen Elliott Sue Emmert Kyle Epperson

> Stacy Eskow Richie Evins Greg Falabella Michelle Falkowski Brian Fallman Angela Fanucchi

> Kerry Farley Michael Farrell Lynette Ferguson Richard Fernandez Paul Fernando Gabrielle Ferrara

Kimberly Difraia Christy Doody Bill Dornseif Kelli Drgastin Mike Eagle





































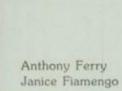








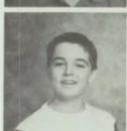




Jenny Fields Darrin Finn

Ben Fishman Shawnna Fitt

Tony Ferrick Mark Ferrigno

























Marianne Flinzner Don Flood

David Flanders Ronda Fleury

Although looking forward to the school year, Tim Brooks grimaces at his heavy class load after receiving his schedule at registration.



Dan Flynn Marco Forster Carey Foss Dana Foster

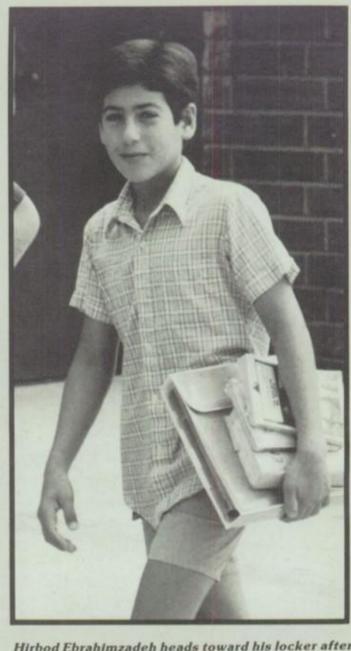
Randy Frager Rick Fratus Mischa Fuller Jennifer Fullerton

Caren Fully Scott Gale Tammy Gallion Briana Garcia

Lori Garcia Rob Gaxiola Jennifer Gediman Linda Generaux

Arash Ghiasi Jennifer Gibson Ken Gibson Derek Gingerich

David Ginther Scott Giraud Mark Glassman Nicole Glazer



Hirbod Ebrahlmzadeh heads toward his locker after English class.



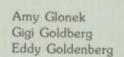
Christie Sprain exchanges notes with Monet Lowder between classes.



Stacey Smith stresses her point at freshman elections by standing on a ladder to make herself taller.



Freshmen costumes were among the best at Halloween.



Billie Goodrich Toni Goodvin Travis Grant

Dan Gratz Erin Gray Paul Green

























Kimberly Guy Ron Hada Darren Hakeman Joe Halbert

Robert Gunnemann Jeff Gunning

Shawn Gregson Darcy Griffin Erin Griffin Marla Groslouis Jason Grove Marlo Gullett





John Halle Monica Haller Kelly Halloran

Darcey Hartfield Dave Hartman Alisa Hastings

Jennifer Haun Charlie Hauswirth Scott Haven

Rod Hawkins Brad Haywood Steve Hearne

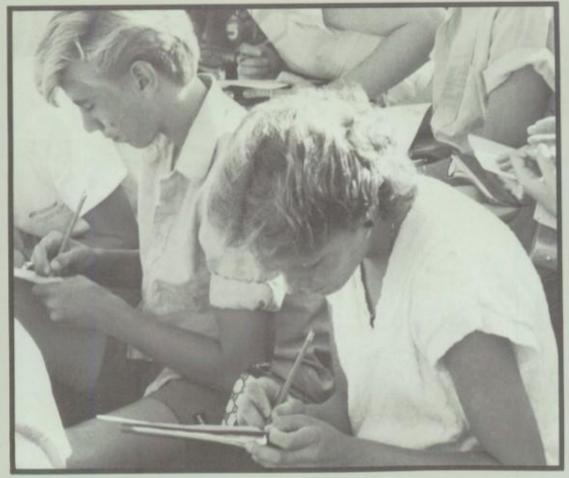


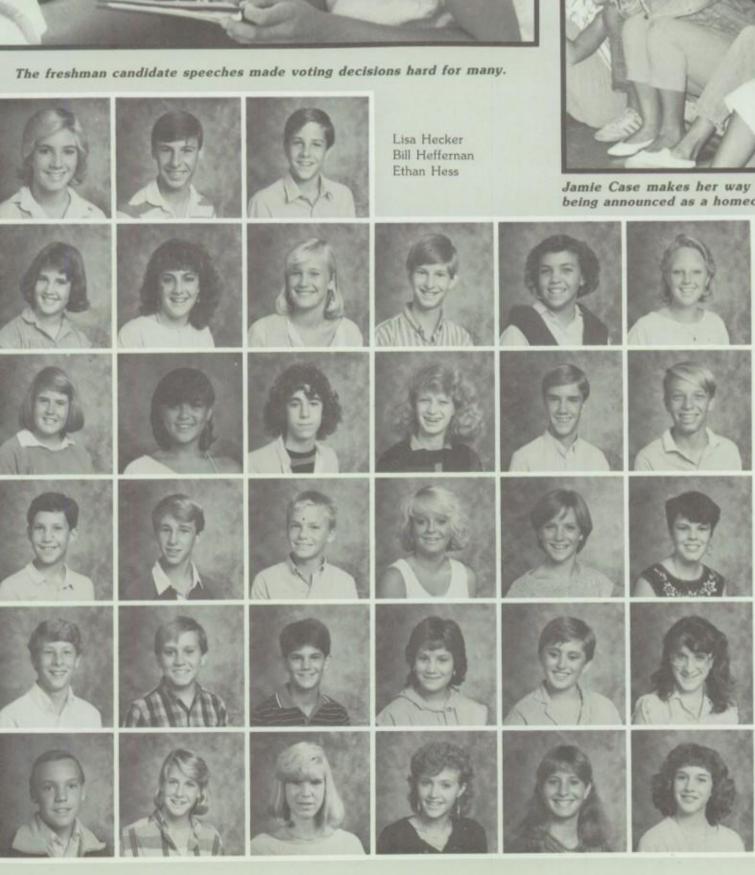






When you've got seven classes like Pax Perez and Troy Lovejoy, it's common to have loads of books.





Jamie Case makes her way through the crowd after being announced as a homecoming court finalist.

Robin Hickin Allyson Hicks Kristin Highberg Billy Hill Connie Hill Jennifer Hill

Kim Hilliard Angela Hollinshead Kevin Hird Suzanne Hodges Matt Hoenig Chad Honeycutt

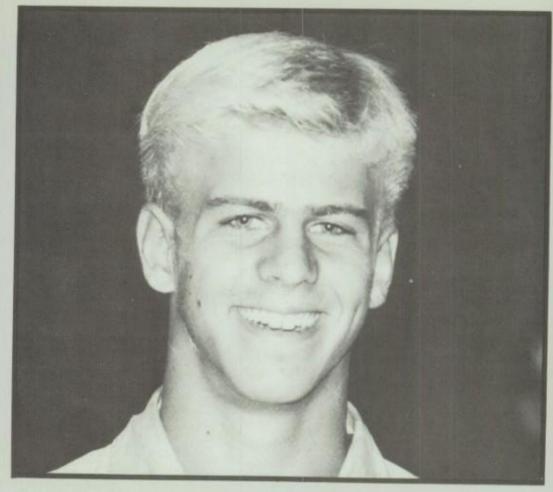
Mark Hornaday Travis Houck Matthew Howard Jennifer Hoyt Laura Huesman Heather Hughes

Paul Hungate Andrew Hutcheson Albert Ihle Monica Illes Nadia Ince Cathy Irving

Travis Jacobsen Kim Jackson Anita Jarmacz Jessica Jeffries Carrie Jendreas Tiffany Jennings



Cathy Irving practices every day after school with the band.



Tom Adams looked forward to a promising freshman year as class vice-president.

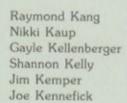
Jeff Jerue Jennifer Joeschke





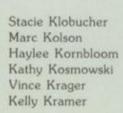








Janet Kim Thomas Kim David Kingston Donna Kinsella Krista Kipper Eric Klein















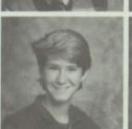
















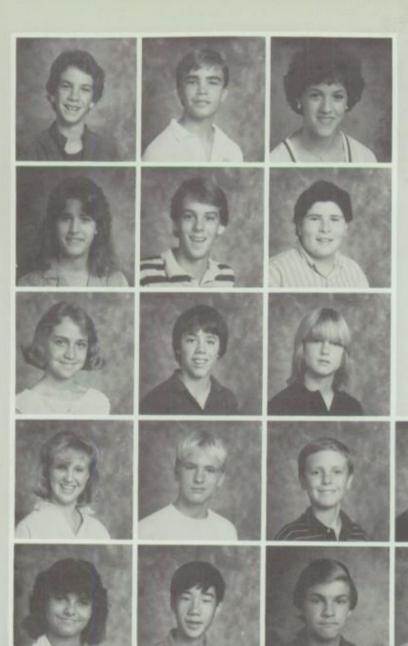






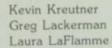








In cross-country practice Kurt Mathews runs laps before retiring to the locker room.



Lisa LaFlamme Chris Lafontan Greg Landa

Martha Lange Brian Langley Mike Lanting



Tommy McElmeel intently watches the drill team perform at EP.



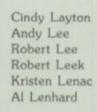












Daen Leon Debbie Leonard John Leonard

Bill Leslie Maria Leviste Stacy Lewellyn



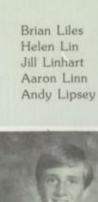
Late for class, Meredith Bodner, Kim Bradley, Kelly Murphy and Shari Mazola are breathless after running up the stairs.

freshmen

Charles Lockard Tiffany Lombardo Chris Long Jason Lovas Monet Lowder

Alex Lujano Bryon Lussier Tricia Luther Meghan McCallion Christy McConnell Darren McDaniel

Jennifer McDougall Tommy McElmeel Bobby McFarland Kim McIntyre Rick McKeon Robert McKissock



















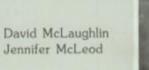




































Bill McMillen Krista McMorran

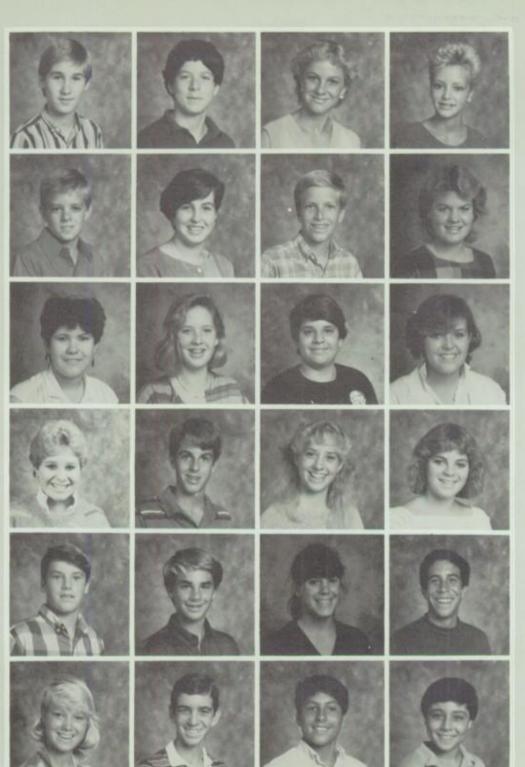
Mike Maciborski Kristen Mackay

Michelle Maleman Jeff Mallard

Chris Mallonee Pam Malone

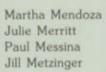
Stephanie Margolis Danielle Markas

In German, Robert Gunnemann and Rick Fratus demonstrate how to make fudge.



Keefe Marrs Patrick Marshall Stacey Martnick Katrina Martino

Kurt Mathews Jessica Mayes Jeff Mays Sharon Mazola



Susan Meyers Doug Miller Sandra Miller Laura Mills

Steve Miner Mike Monastra Susan Moncur Mike Montes

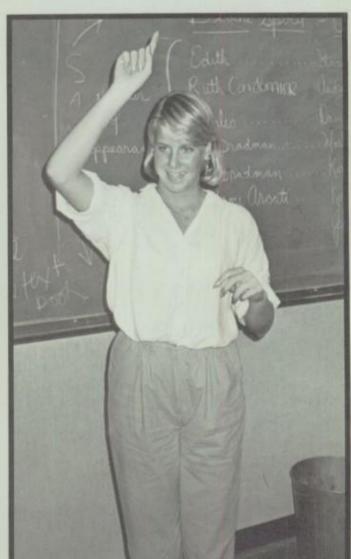
Rhonda Moore Scott Moore Greg Morales Paul Moreno



Heading towards the C-wing and lunch, Chris Ashbach ends a chat with his friend.



Danielle Clark, Jessica Mayes, Kelly Casey and Tiffanny Black show off both their friendship and their chic hairstyles.



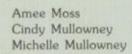
Rehearsing a scene in drama class, Kim Jackson puts emphasis in her role.



All alone in the locker room first period, Shannon Carnaham prepares to dress out for dance class.

Laura Nahas Ron Naken David Nance Mike Naughton Chris Naves Lori Neeley

Stephanie Negrey Dirk Nethers Savy Ngoy Caroline Nguyen Steve Nguyen Shannyn Nibarger



Denise Mulloy Sara Murillo Beth Myers

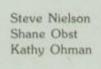












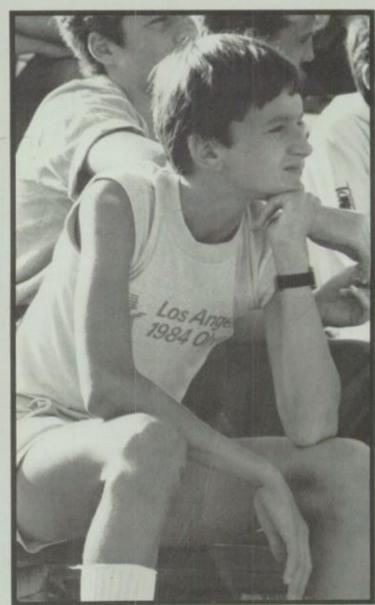
Brian Olson Jayson Olson Chris Orlando

Greg Orton Sean Osborn Craig Painton

Shawn Palmer Brian Paradis Kirk Patterson

Andrea Patton Eric Paxton Stacey Peabody

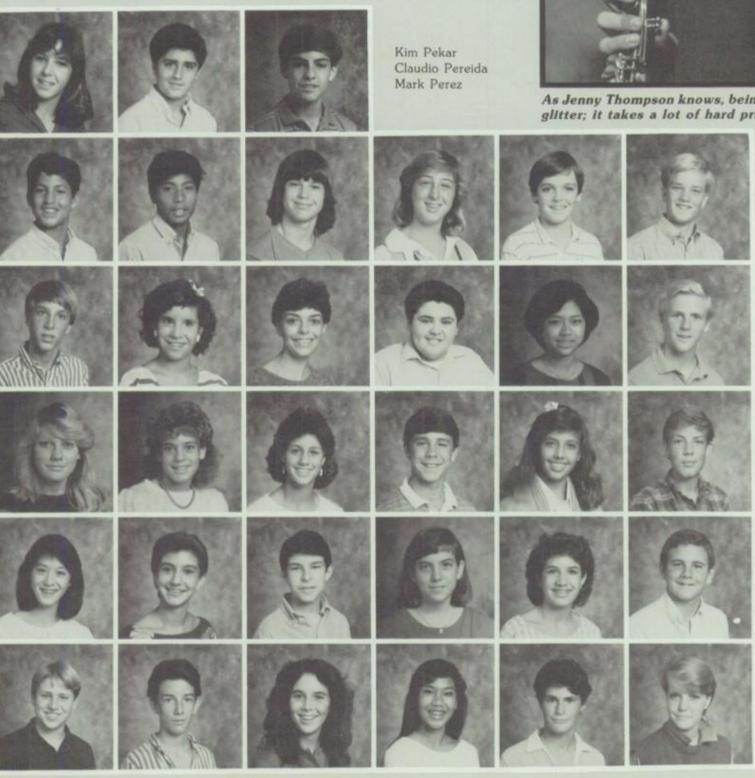




To make the right vote, Damian Wooldridge wanted to concentrate on each of the speeches at frosh elections.



Hoping to please Mr. Sponagle and get a good grade, Bryon Lussier meticulously rolls clay for his project.



As Jenny Thompson knows, being a band member isn't all glitter; it takes a lot of hard practice.

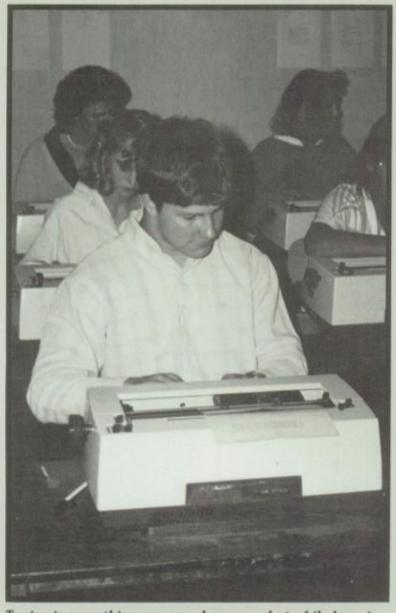
Pax Perez Eddie Perlas Mike Phillips Tori Pitt Gordie Plague Todd Plewe

Robbie Pratt Angela Powell Lori Powers Jess Prado Cintya Pranta Tim Pratt

Stephanie Price Lisa Propeck Kari Pucci Mike Quaranta Inge Rabe Kenton Rahn

Liz Ramirez Raquel Ramirez John Rathke Melissa Rausch Riki Rebel John Reddel

Eric Reed Brian Reeves Sue Remmell Corilyn Respicio Gary Rexinger Julie Richardson



Typing is something you can always use but while learning it, Rex Vollmer keeps an eraser handy.



Practicing for the football games, Kristen Kercher toots her trumpet.

Robby Robinson Matt Rodriguez Rick Rodriguez Tiffany Rodriguez Robert Rogers Joe Rosales

Vicki Roth Todd Rudolph Lisa Runge Sean Ruppert Keri Rush Roger Russell

Gary Russillo Scott Rutherford Cindy Salas Cherie Samuelson Joseph Sassi Jenny Schiebert

Brian Schirmer Bill Schmidt Heather Schoeny Brent Schofield Kristi Scholten Jennifer Schooley

Craig Schumacher Louis Scott Marixa Scott Brian Segee Debbie Seibert Nanny Shafi



Collin Riley



Alison Shaffer Jason Sharp Mike Shean

Teddi Sherrer Rob Shetland Corinne Shin

Kim Shoemaker Joel Shomaker Tim Sianez



Joe Sassi (AKA: James Bond) seems suspicious of being followed.

















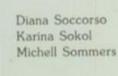










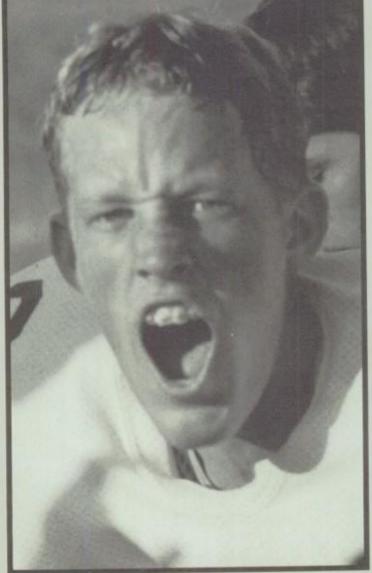








Shawn Sonoga Gina Soto John Sotter



Sidelined John Blackburn shouts encouragement to his fellow teammates.



Freshmen definitely showed their pride in Capo this year by getting involved more than ever before.

Keith Stark
Randy Stark
Cindy Stearn
Jackie Stephens
Mike Stevenson
Danette Stewart

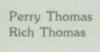
Robert Stewart Eric Stoney Debbie Strauss Rona Streger Jenny Strempek Anne Suba

Julie Swain Stephanie Swanberg Stacy Swanson Stacie Tanner Garry Tarquinio Brad Tatarzycki

Kayti Southworth
Candy Spaulding
Michael Spear
Christie Sprain
Jim Springer



Ramsey Tawil John Thomas



Jeff Thomason Jenny Thompson

Tom Thorpe Brett Thurlow

Michelle Tillman Darbi Trammell

Michelle Travisano Rick Tuinenburg









Running for Freshman treasurer, Stephanie Swanberg prepares to give her speech.



Janny Tunnell Julie Turf Jeff Tutak Joe Tuttobene

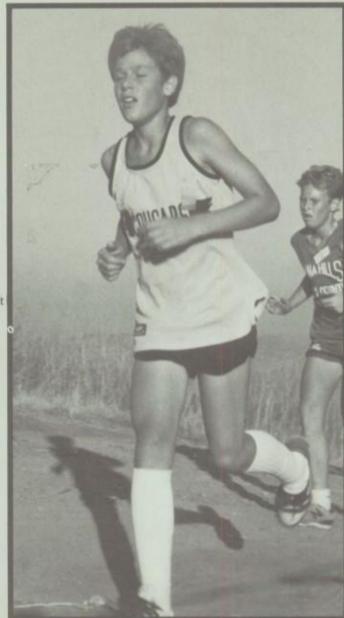
Annelis Uribe Theresa Urmanita Tami Valentine Shara Valo

Heather Vandergeest Renee Vickstrom Plush Vidyarthi David Viggiano

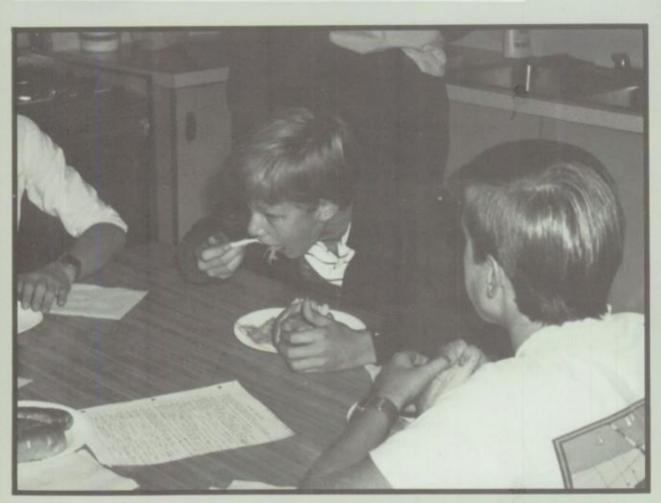
Sabrina Vizcarra Angie Volkman Rex Vollmer Dan Waddell

Heather Walen Jennie Walsh Jennifer Wan Melanie Ware





Edging out Dana Hills, the strain shows on track athlete Mike Shean's face as he struggles to pass the next runner.



Ricky Fratus devours some sauerkraut and bratwurst at a German II "Oktoberfest."



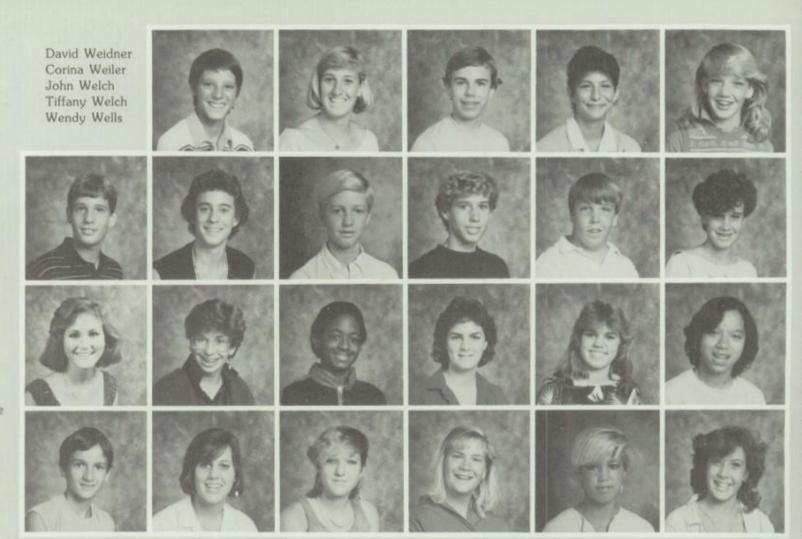
Mario Montero struts through the halls on Halloween as a Green Beret.

# Heshinen

Chris Wend Gordon West Kurt White John Wickersham Aaron Wilczek Kelly Wilder

Stephanie Will Collette Williams Savoy Wilson Janet Winn Nicci Wise Michelle Wong

Damian Wooldridge Vanessa Word Belinda Worley Terri Wrightstone Helen Yang Melissa Young







Before going to sixth period, Debbie Seibert waits for friend Melissa Rausch's nails to dry.

Mike Bigler shares lunch and a punchline with his friends.



Mike Zaret Julie Zehner Dan Ziemann Mike Zimmerman

Jenny Ziner Meredith Zinn Stephanie Zlaket Renee Zolna



Sometimes freshmen are looked down on because they're new, but they contributed quite a bit to Capo this year.



Jennifer Gibson debates whether or not to participate in the EP.



Freshmen elections were so crowded that it was hard to find a seat at all.



Robbie Pratt is found walking a friend to her class. Many freshmen made new friends in high-school.



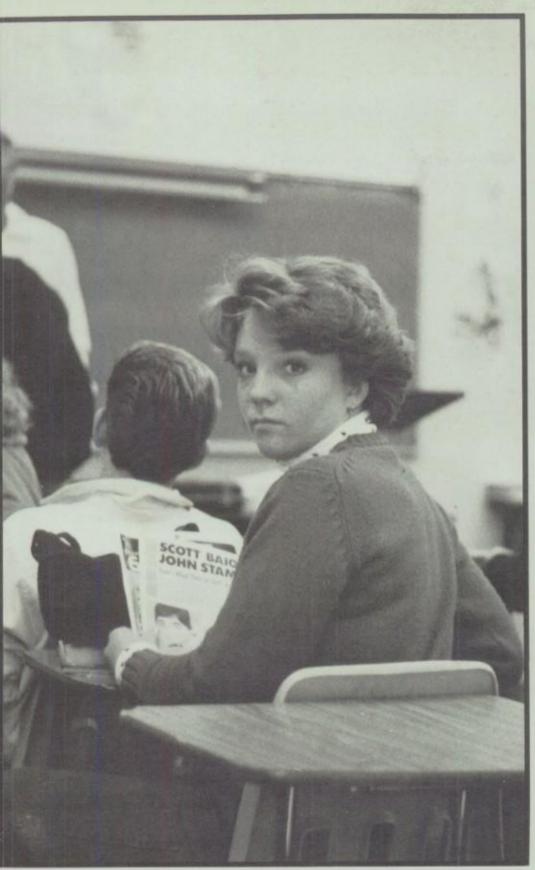
Jennifer Gediman and Christy McConnell, members of the Capo Valley Drill Team, celebrate a football victory at a local pizzeria.



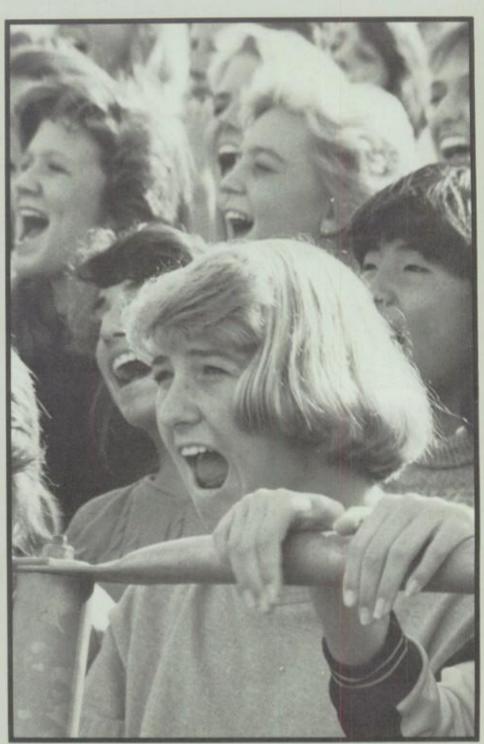
Freshmen came alive during an assembly early this year.



Southern California's wonderful climate enables students to enjoy school sponsored activities outdoors year round.



English class offers wonderful chances for students like Chris Carey to enrich their repertoire.



Nobody can say that freshmen are not spirited, at least not while Corina Weiler is around!



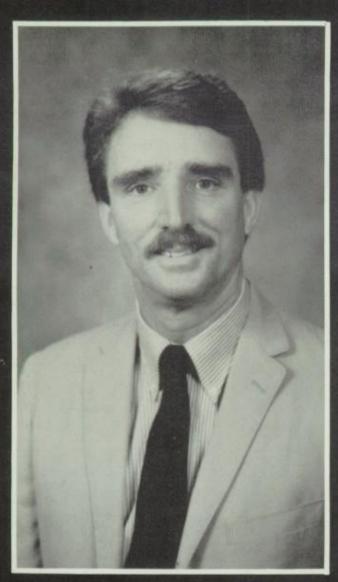
Lazily taking in the scenery, Helen Kim doesn't seem too impressed with what she sees.

### Faculty And Staff

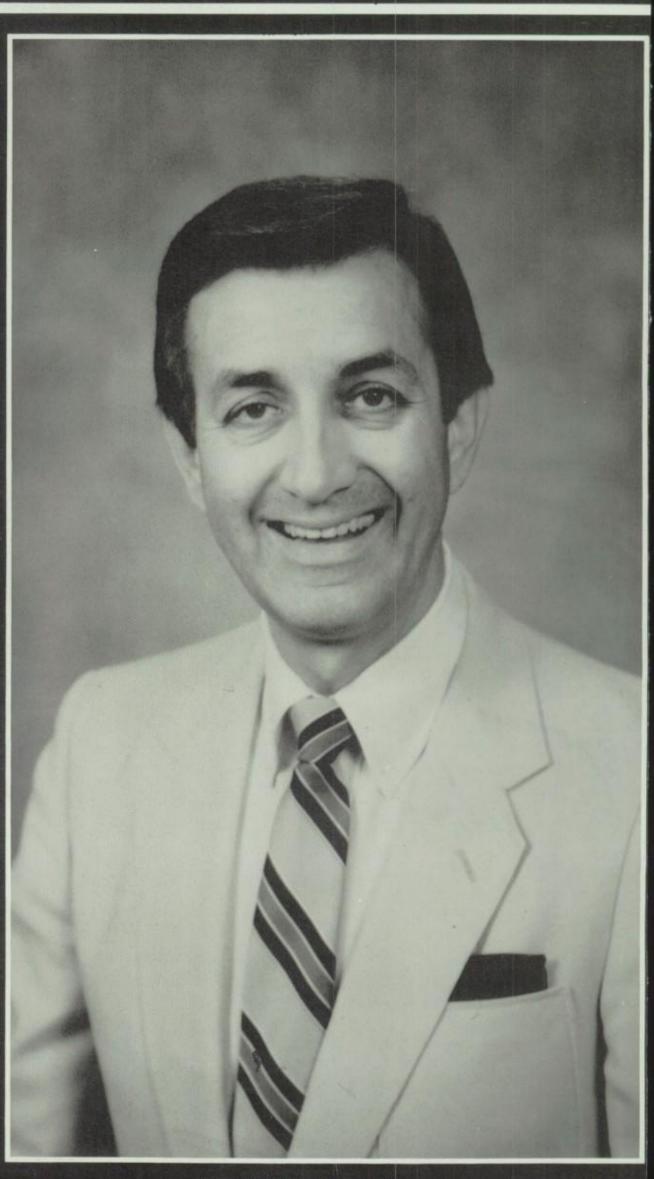
# Pride Shows Through Faculty And Staff

With a mixture of different cultural backgrounds, the students here at CVHS all have one thing in common — every student comes in contact with several teachers and at least one administrator daily. If it weren't for the dedicated faculty and staff, there would be no Capistrano Valley High School.

With the opening of our new wing this year, the faculty increased its numbers by approximately 20 members. Outstanding teachers in all departments work their hardest to prepare us for college and the "outside world," guiding us to be the best that we can be. From early in the morning until late at night, Capo's staff, faculty and administration are working hard in some capacity to provide us with the best education, guidance and environment possible. Their pride in Capo Valley is truly showing, as each of them has committed himself (or herself) to creating a high school experience we can look back on and be proud of.



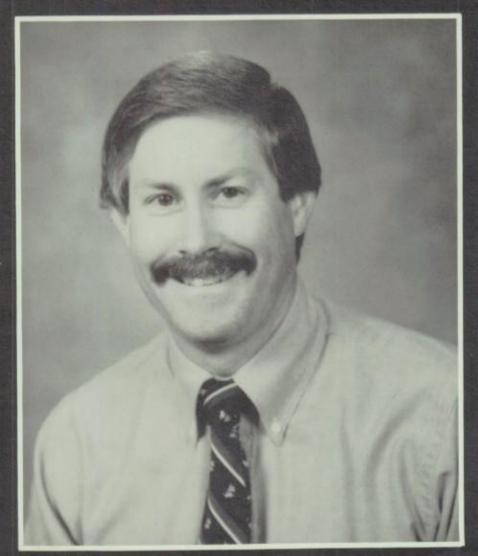
JAMES WALSHE: Assistant Principal



JAMES KREMBAS: Principal



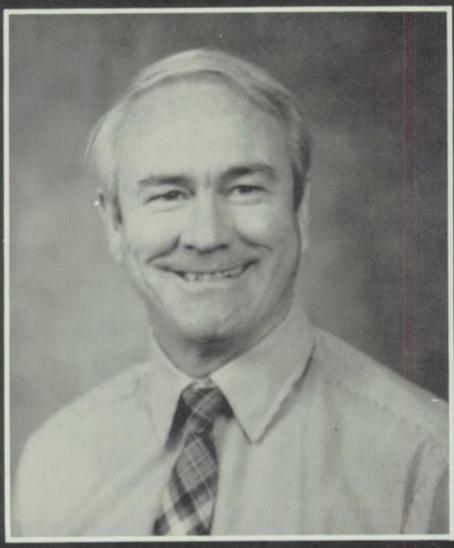
DIANA ATKINS: Student Affairs Advisor



PATRICK LEVENS: Director, Student Activities



MARY ANNE EVERETT: Student Affairs Advisor



DON JEISY: Vice Principal

## English



CAROLYN BLAKE: Basic Composition, English I, Drama



SHARON COLE: American Lit, World Lit, Advanced Composition, English II



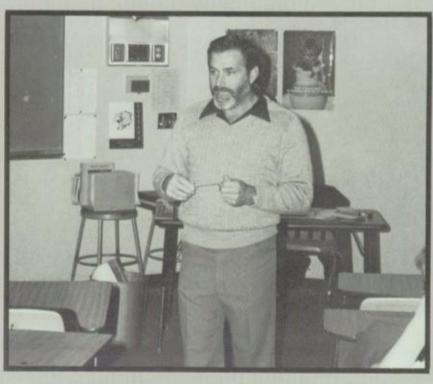
ROGEEN CORTRITE: English I, Basic Composition, English II



MARY KAY DARGAN: AP Lit, Advanced Comp, American Lit



JOAN FESSENDEN: English II, American Readings, Intermediate Composition



ROY SCAFFIDI: Drama, World History, Drama Club



Working against a deadline, Sharon Cole finishes grading English finals.



NANCY FRENCH: English I, Reading Development, Individual Readings



KEN KAEFER: English II, Advanced Composition, AP Composition, JV Boys Basketball Coach



PATTI LAMBERT: Advanced Composition, English II Accelerated, College Review English, Senior Class Advisor



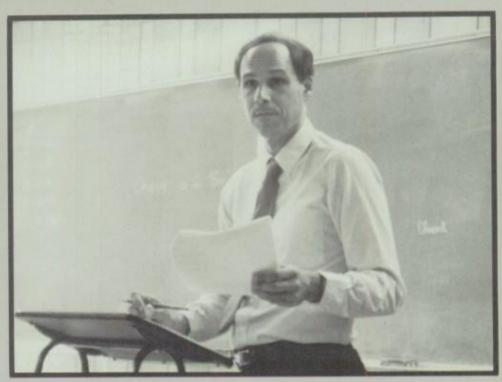
LAURA LITTLE: English II, American Lit



JOHN MAITINO: American Cultures, Accelerated Speech and Debate, Reading Development, Mock Trial, Africa Famine Relief



ERIC PATTON: English IIC, English II, English II Accelerated, Sports Lit, Varsity Football Coach



Richard Victor stresses a point about literary interpretation to one of his AP classes.



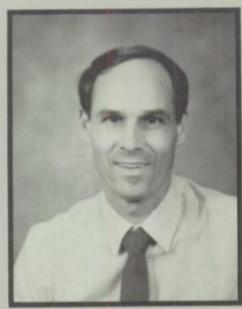
JEWEL ROCKE: English I, Basic Composition, Intermediate Composition, Reading Development



MARY SERLES-JAMES: English I, Intermediate Composition, Nature of Language



JOHN VEEH: English I, Intermediate Composition, Individual Readings, American Readings, Girls' Cross Country Coach



RICHARD VICTOR: English Lit, AP English, Intermediate/Advanced Composition, AP English Composition



Avid jogger John Maitino not only teaches English but is involved in many extra-curricular activities, such as Mock Trial and African Famine Relief.

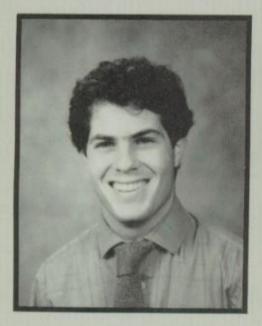


SUE RADER WILLETT: World Literature, English IC, Accelerated English I

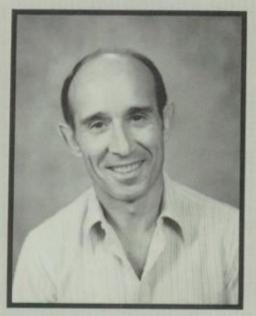


RON WILLMS: English I, Science Fiction, Creative Writing, Boys Varsity Soccer Coach

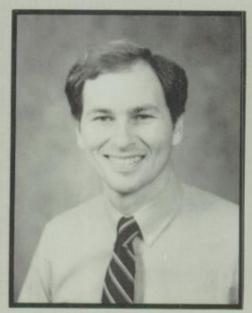
#### Math



HOWARD COTT: Math I, U.S. History, Freshman Baseball Coach



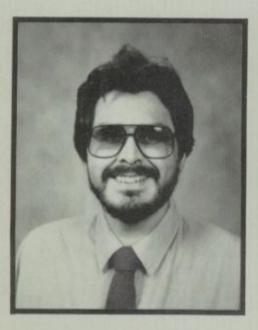
STAN DeMAGGIO: Math I, Calculator Math, Girls Basketball Coach



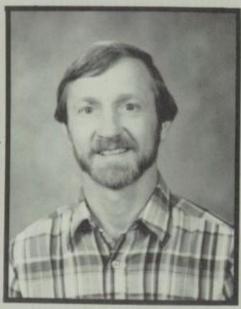
PAUL DYE: Calculus, Algebra II

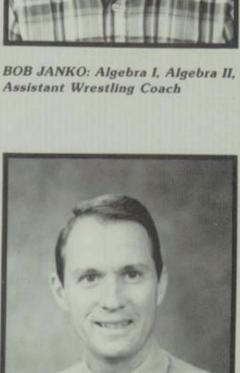


TERESA FERGUSON: Computer Literacy, Algebra I, Intro to Algebra IIB



RANDY GISH: Geometry, Intro to Algebra II, Girls J.V. Basketball and Girls Varsity Softball Coach





LEE KUCERA: Geometry, Algebra, Pep Squad Advisor



PAUL LANE: Basic Programming, AP Computer Science



Q: If you could be anything other than a teacher, what would you be? A: Independently wealthy. — Pete Wilt

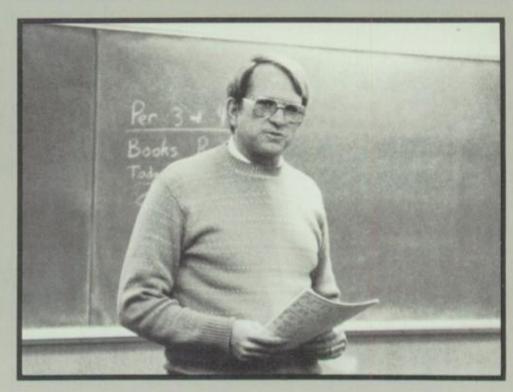
Dressed as a jockey for Halloween, Bob Janko cracks a joke as he walks to class.



HABIB MOHIT: Algebra I, Math Analysis, Math Club Advisor



LOU RANDALL: Intro to Algebra, General Math, Football and Track Coach



KEITH HELMICK: Geometry, Algebra I



JAY SPONAGLE: Geometry, Ceramics, Waterpolo Coach



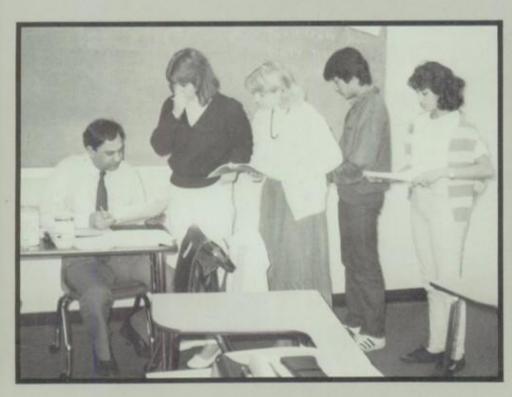
MARLENE SINGH: Algebra II, Geometry, College Review Math, Pep Squad Advisor



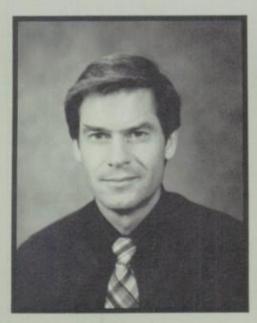
PATTI STRATTON: Intro to Algebra I, II



SHARON STRATTON: Geometry, Algebra II



Students wait patiently in line for Habib Mohit's expert assistance with their mathematics problems.



JOHN WALLIN: Intro to Algebra I,



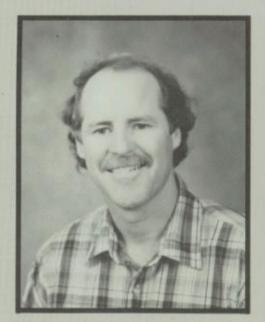
PETE WILT: Algebra II, Math Analysis

### Social Science



Busy at her desk in the cluster office, Georgette Smith prepares the next day's lesson in U.S. History.

Q: If you could be anything other than a teacher, what would you be?
A: I would rather be the "top cookie" at a casino hotel in Lake Tahoe.
— Georgette Smith



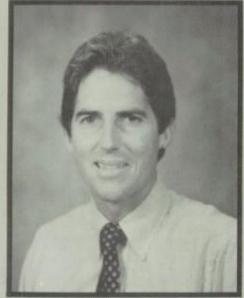
CRAIG ANDERSON: CWP, U.S. History



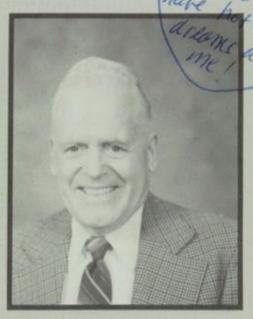
DEBBIE BURDYSHAW: Reading Development, Power Reading, U.S. History, Model United Nations Ad-



RICHARD COLMAN: World History, Track Coach



MIKE ENGLAND: World History, Co-Chairman Academic Booster Committee



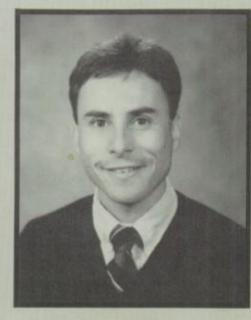
LYLE FROST: American Government, World History



BILL HOFFMAN: CWP, Psychology, Sociology, CSF Advisor, Grease Rats member



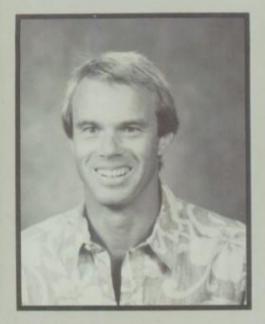
CONNE KIRKPATRICK: Concepts of Social Science, Drill Team Advisor



EDMUND MARTINEZ: World History, GATE Coordinator



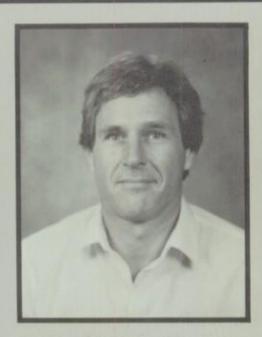
Teacher Bill Hoffman demonstrates his school pride as he leads a cheer at the Mission pep rally.



BOB NEALY: U.S. History, Social Science, Ski Club Advisor



Patrick Levens, Bill Hoffman and student Christa Forster, all members of the Grease Rats, perform for the "Tourist Day" crowd during EP on Beach Week.



PAUL PFLUEGER: U.S. History, CWP



CWP teacher Craig Anderson salutes the crowd during a Grease Rats performance.



KEN SAYLES: American Cultures, American Government, Key Club Advisor, Advisor for Hunger Awareness Week



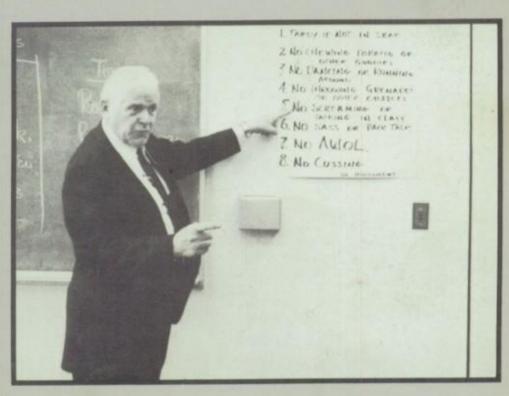
GEORGETTE R. SMITH: Reading Improvement, Reading Development, U.S. History



MARK THORNTON: Concepts of Social Science, Boys Basketball Coach

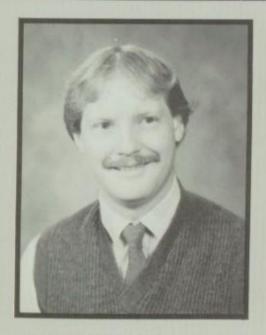


TOM WHITE: American Government, Psychology, Cross Country Coach

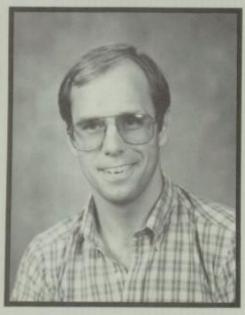


Lyle (Colonel) Frost reminds a tardy student of his "House Rules."

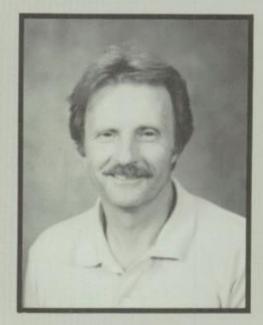
## Science—Art—Industrial Arts



ROBERT ALLEN: Biology, Computer Club Advisor, Junior Specialist/ UCI Museum of Systemic Biology

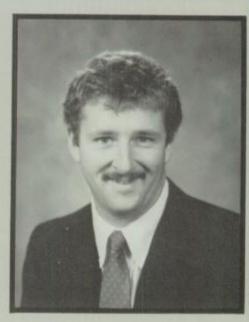


CARL BABB: Chemistry



JOHN BAKER: Woodshop, Mechanical Drafting, Architectural Drafting

Ken Kaefer



JOHN GIPE: Intro to Science IA, Girls and Boys Volleyball Coach



Anatomy teacher Jan Pluemacher uses flash cards to drill her class on various parts of the body.



LYN HARVEY: General Chemistry, Intro to Science

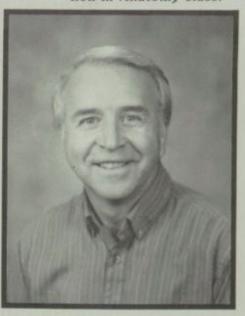


Q: If you could change one thing at Capo, what would it be? A: I would make education not mandatory after the age of 16.

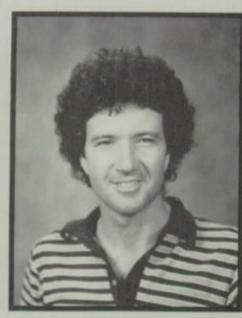
"USC alumni" rabbit awaits his role as the subject of a dissection in Anatomy class.



Photography teacher Jay "Santa" Mcliwee got into the spirit of things on Halloween!



CARL MACEY: Automobile and Diesel Technology



BRIAN MANNING: Marine Ecology, Biology, Marine Ecology Club Advisor



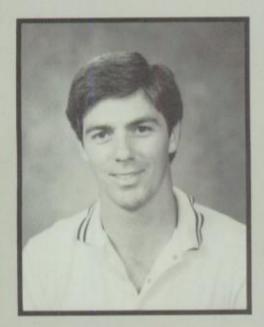
JAY MCILWEE: Drawing and Painting, Photography, Ski Club, Shutterbug Club Advisor



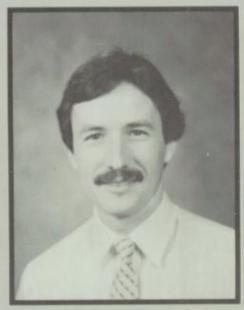
RAY PANICI: Biology, AP Biology



Taking a break from reading, student Mark Reynolds stretches out the tension of a long day in class.



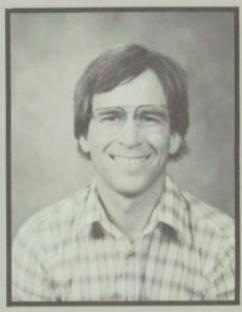
HARLAN PEET: Intro to Science IA, Horticulture, Director of Athletics



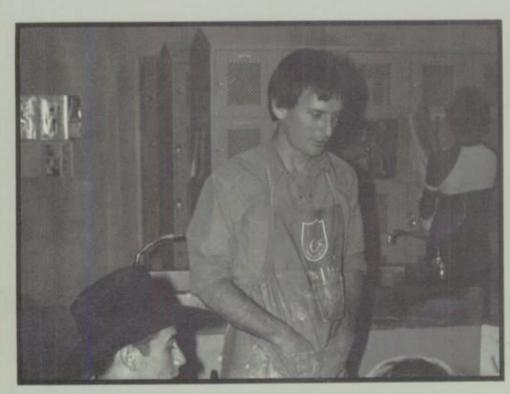
JOHN E. PELOZA: Intro to Science IA, IB, Freshman Basketball Coach, Varsity Basketball Assistant Coach



JAN PLUEMACHER: Anatomy and Physiology, Intro to Science, Peer Assistance League Advisor



JEFF ROBERTS: Physics, Biology, Wrestling Coach



Geometry/Ceramics instructor Jay Sponagle observes students working on their clay projects as Eric Harris looks on.



TOM STRINGER: Biology

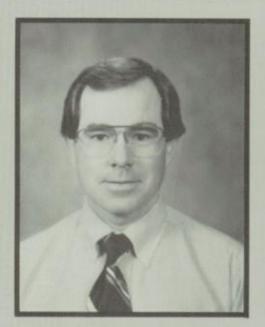


KAREN WINN: Photography IA, Yearbook, Newspaper

# Foreign Language—Business—Music



Students in Betsy Mueller's 6th period French class pitched in to buy her a birthday cake early in the school year.



MARSHALL ADAIR: Business Management, Business Math, Typing

A: I would be a German spy. - Beth Gibb



ANDREA FARLEY: Spanish IA and



BETH GIBB: German I, II, III, IV, AFS Advisor



ELLA GLASER: Spanish III, IV



M.C. HENDERSON: French II, III, IV, V, French Club Advisor and AFS Co-Sponsor



CATHY JOYCE: French I



Q: If you could be anything other than a teacher, what would you be?

As part of cultural enrichment for her German classes, Beth Gibb cooks bratwurst for an Oktoberfest celebration.



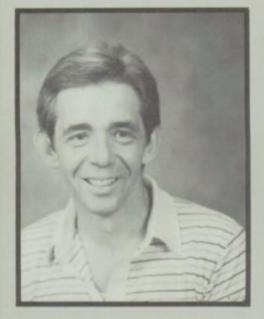
DARLENE LINNIG: Typing, Business Math



New to Capo this year, Andrea Farley takes a breather between classes and learning the ropes of a new school.



CAROL LOONEY: Spanish I, II



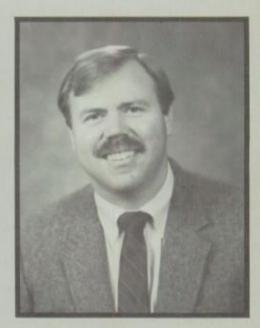
BOB MOORE: Spanish I, III, ESL English, ESL Social Science



BETSY MUELLER: French II, Spanish II, CSF Advisor



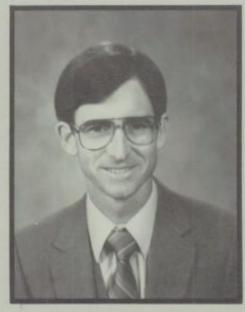
ROBERT L. OLINGER: Marching Band, Symphonic Band, Concert Band, Jazz Band, Orchestra, Color Guard, Drum Corps, Solo and Ensemble Festivals, All-District Honor Orchestra and Bands



ROBERT PERRY: A Cappella Choir, Tapestry, Camerata



DEANNA PIETRANTONI: Accounting IA, IB, Consumer Education, Personal Finance, Typing, Word-Processing, Computer Software Committee



BOB ZAMORA: Spanish I, II, Varsity Baseball Coach



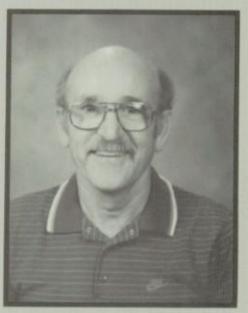
After a long day in the classroom, French teacher M.C. Henderson enjoys a few moments to put her feet up and relax.

faculty/staff 269

# P.E.—Special Offerings—Home Economics



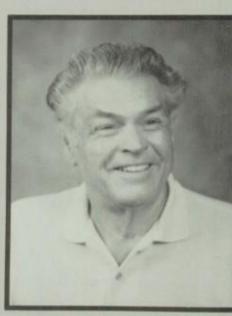
VICKI ANDERSON: Physical Education, Girls Varsity Tennis Coach



BILL CONROY: Reading, Independent Study, Assistant Basketball Coach



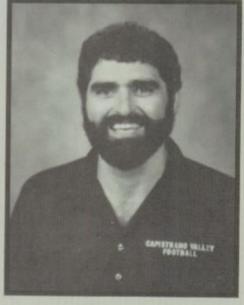
DEBBIE CUNNINGHAM: Physical Education, Girls Gymnastics Coach, Ski Team Coach



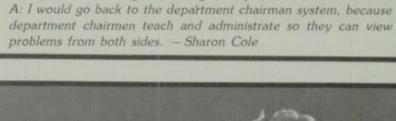
DALE DRAGER: RSP Math and Social Studies



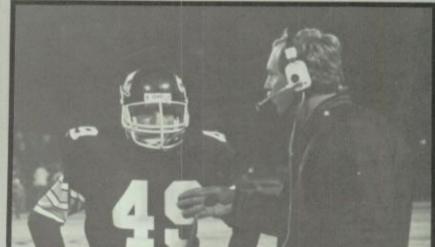
Terry Stoddard puts his P.E. class through their paces.



DAVID ADRIAN ELECCIRI: Physical Education, Varsity Football Coach, Varsity Track and Field Coach, Strength and Conditioning Coach, Weight Lifting Club Advisor



Q: If you could change one thing at Capo, what would it be?



Coach Eric Patton advises Tom Grieco on the finer points of football during a Varsity game.



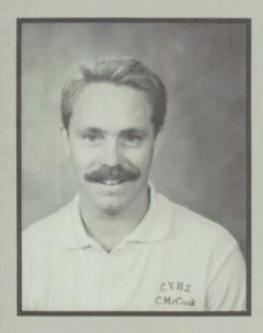
MIKE DEGEER: SDC English, Math, Social Science, Reading and P.E., J.V. Baseball Coach



DICK ENRIGHT: Strength and Exercise, Boys Physical Education, Head Football Coach



SHARYN KELLY: Ballet, Modern Dance, Jazz, Choreography, Dance Production Adviser



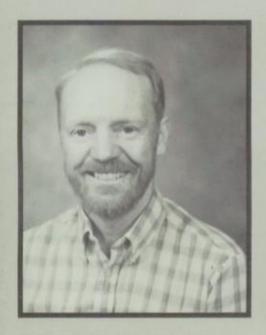
CREE MCCOOK: Resident Substitute, Girls Gymnastics Coach



KAREN PETERSEN: RSP English, RSP Reading, President of California Association of Resource Specialists



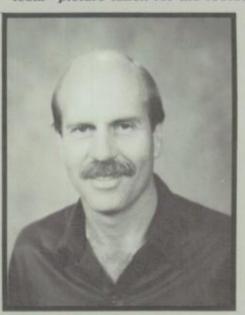
Varsity football coaches clown for the photographer as they get their "team" picture taken for the football program.



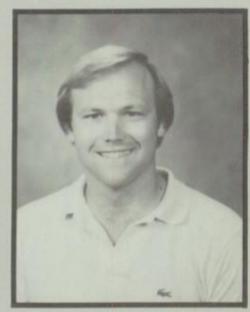
BILL ROLFE: Physical Education, Freshman Football Coach



ROBBIE SCHMITZ: Boys Physical Education, Health Education, Boys Varsity Tennis Coach



BILL STEINRIEDE: Physical Education, Surf Team Coach, Golf Team Coach



TERRY STODDARD: Physical Education, Swimming Coach



Dave Elecciri not only coaches but plays drums as well, as he demonstrates at a pep rally early in the year.



GAY VEEH: Creative Clothing, Child Development, HERO Club Advisor



SUE ZALLAR: Foods IA, Gourmet Foods and Consumer Education

# Behind The Scenes



MYRNA ALLEN: Registrar



PAT ARNTSEN: Guidance Secre-



PEGGY ARTALE: Library Techni-



NORMA BANDA: Attendance Clerk



CATHY "MOM" BARKER: Grounds Proctor



CAFETERIA STAFF, front row: June Zold, Pat Faria, Pat Kinney (Manager), Linda Smith, Johanna Romero. Top row: Margarita Padilla, Marian Popoff, Beth Drazil, Luz Castro, Pat Severson.



KAREN DELUCA: Receptionist, PABX Operator



MARY MEYER: RSP Aide



SARA DIERS: Guidance Technician



BARBARA OSUNA: Grounds Proctor



CUSTODIAL STAFF, standing: John Bernardo, Joseph Pinon (lead), Pat Wiles, Adam Mendoza. Kneeling: Rick Chidester, Don Demarois.



LINDA GIANNOTTI: Library Clerk



EILEEN HAVEN: Guidance Technician



JEAN HUNT: ROP Technician, Ca- WILMA JOHNSON: ASB Secretary reer Center





JAN KENNEDY: SDC Aide



KAREN KUSS: RSP Aide



MARTHA MARTINEZ: ESL Aide



LINDA MAY: Attendance Clerk



John Bernardo and Joe Pinon discuss the problems and solutions to students' littering.

# **Behind The Scenes**



Guidance Technician Sara Diers welcomes a student into her office for help with scheduling.



TOM MILLER: Athletic Equipment Manager



CAROLE PULLIAM: Guidance Technician



ANNE RYAN: Assistant Principal's Secretary



Assistant Principal Jim Walshe helps a parent locate a class-room on Back to School Night.



MARILYNN SEDOFF: Principal's Secretary



LINDA WENDT: Guidance Technician



DEE WRIGHT: Girls Lockeroom Attendant



SUSAN REESE: Health Technician

with people mind when the word from super him.

#### HOUSE RULES

1. TARDY IF NOT IN SEAT

2 NO CHEWING TOBACCO O

3 NO DANCING OR RUNNIN

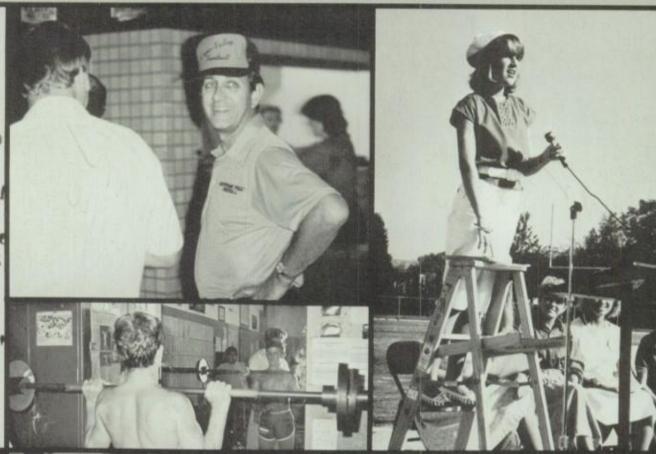
4. NO THROWING GRENADE OR OTHER OBJECTS

5. NO SCREAMING DE TALKING IN CLASS

6. NO SASS OR BACK TALL

7. NO AWOL

8. No Cussing



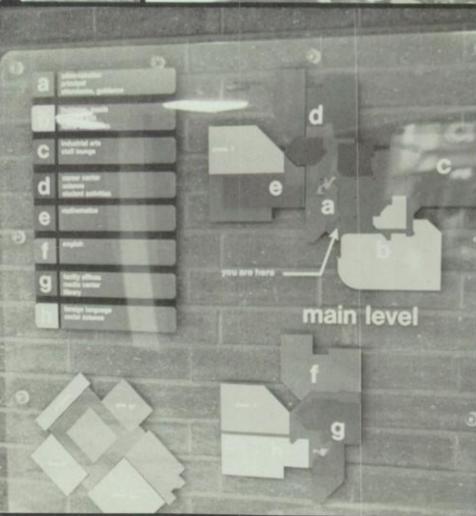


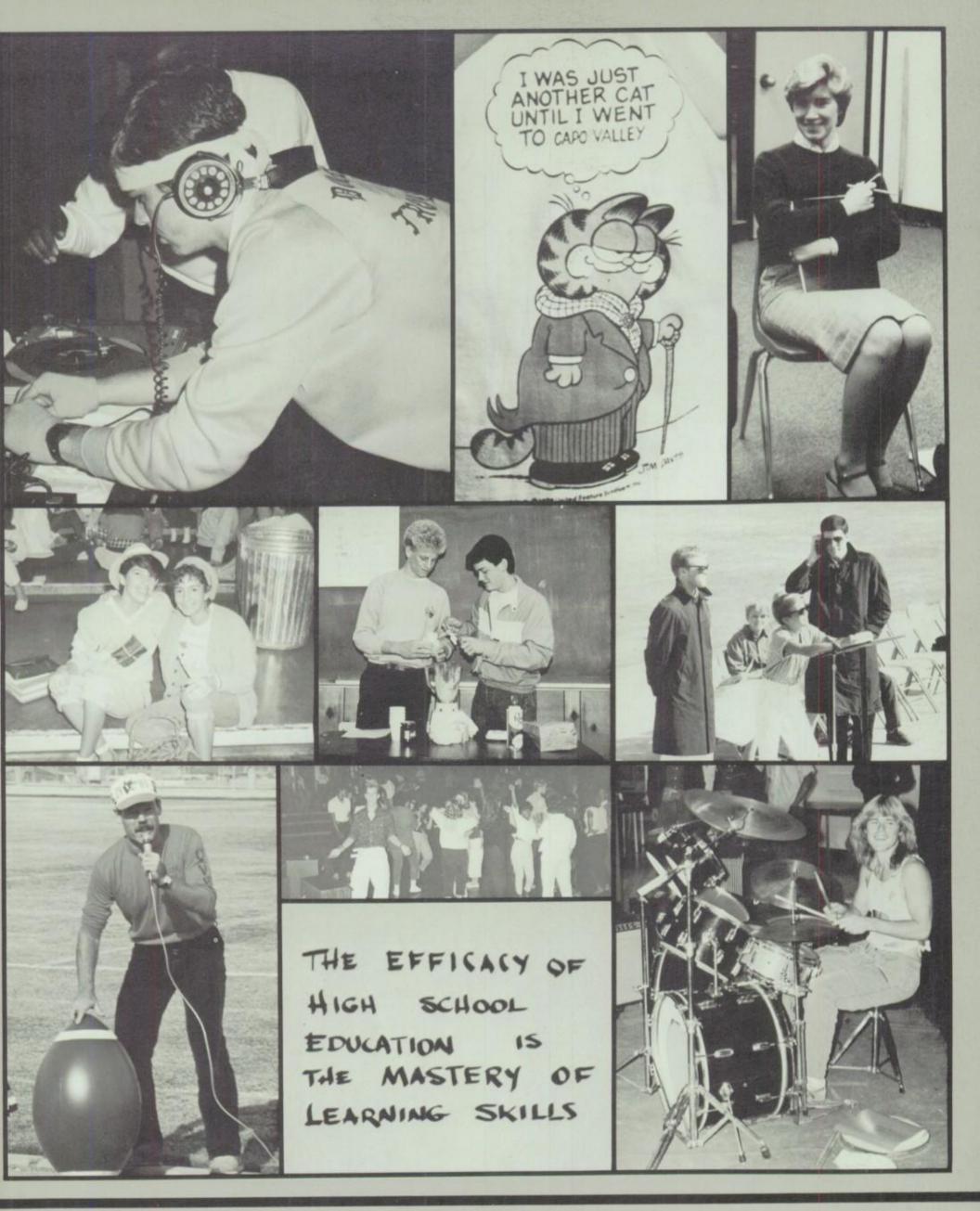










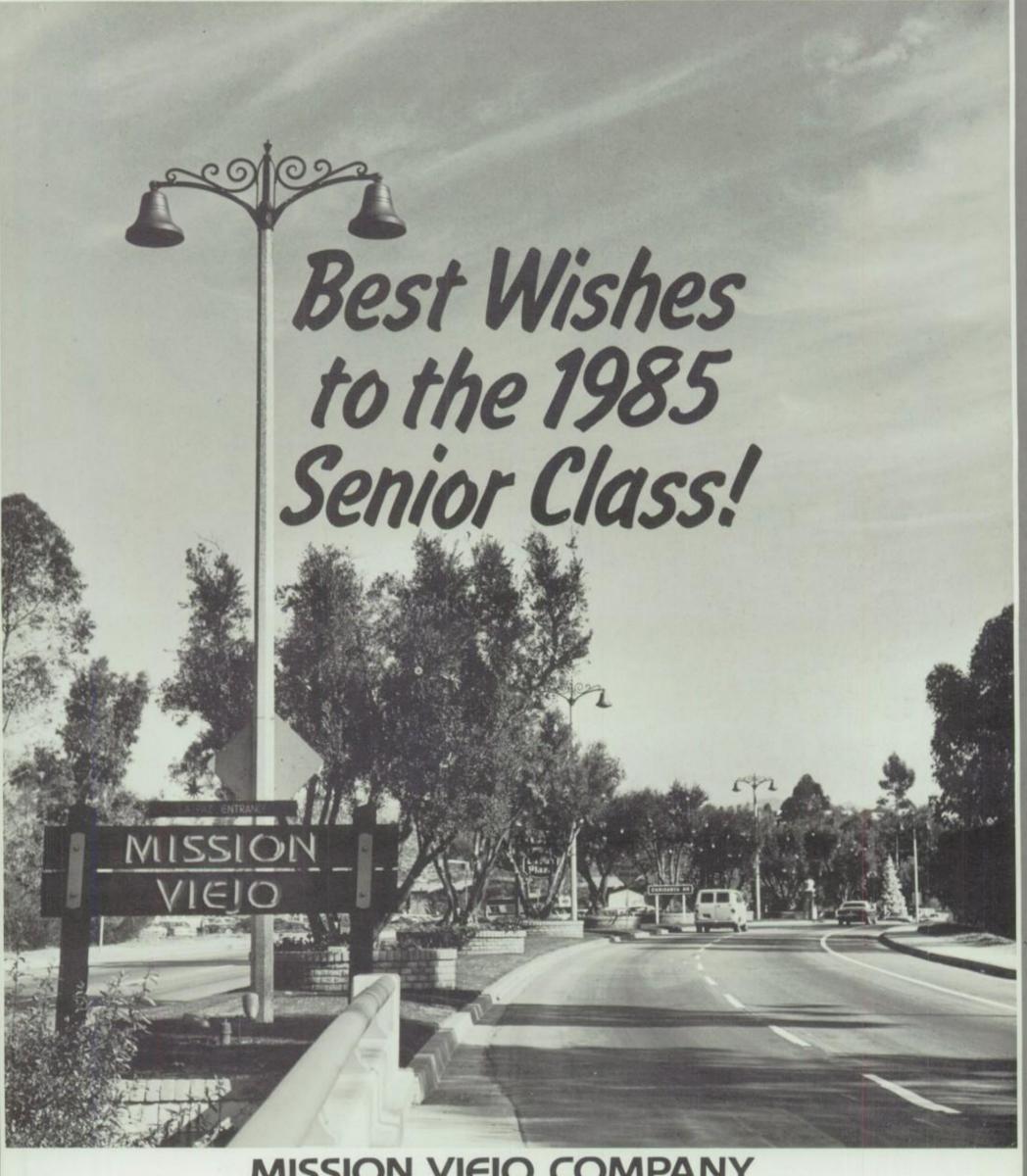




Board members from left, top row: Brian Demsey, A. Edward Westberg, Charles Ward, President Paul Haseman. Sitting: E.G. "Ted" Kopp, Annette Gude, Jan Overton.

# Congratulations and good luck to the Class of '85

Capistrano Unified Board Of Trustees

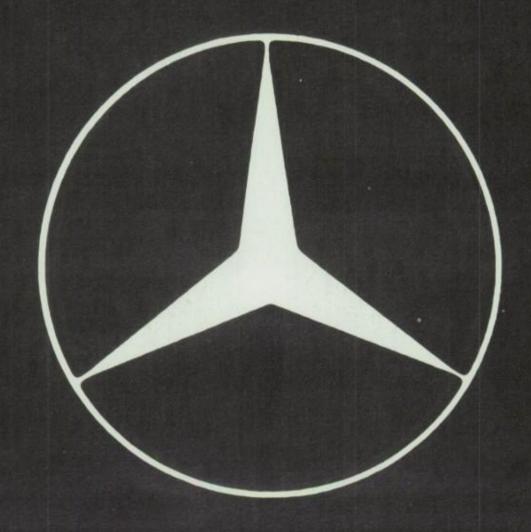


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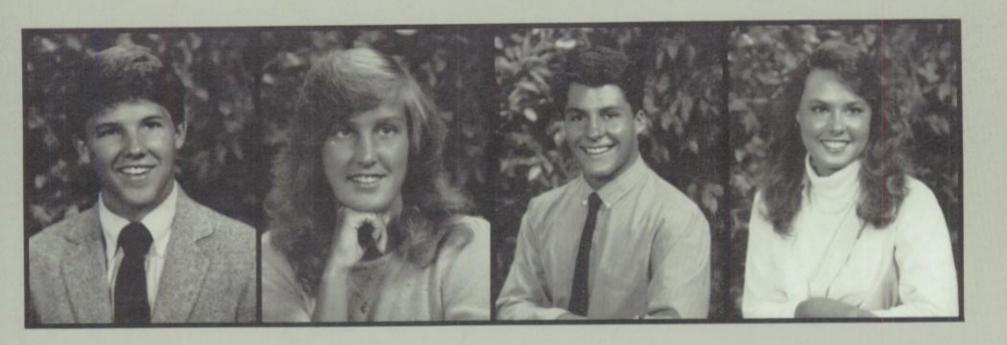
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JIM and SUZY VIANO

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JULIE A. MARSHALL Owner



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#### CABO DE CABALLOS



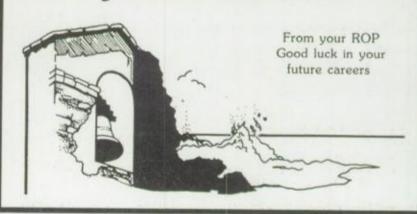
HORSES RULE

CLYDE EDGAR

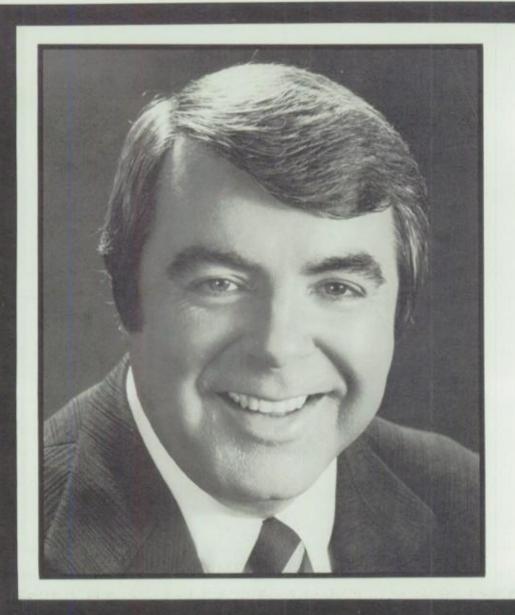
BUFFARD DURWIN

MISSION STABLES FOREVER

#### Congratulations Class of 1985



Many Memories, Many Friends To Whom I Will Always Wish The Best. I Will Always Remember Nate, Brenda (New Mom), Michelle Fosdick (Present Mom) & Most Of All, The Varsity Football Team 1983-4 1984-5. My First Love Was Really CVHS Next Was . . . (J.D.) Best Memories. Joe & Mike Cota de Casa (I Don't Remem.) BRENT-N-BRENDA & MICHELLE-N-SCOT(T) IRVINE'S #40 NOEL TROUT (CUTIE) AND MY NEW FOUND FRESHMAN (NOW SOPHOMORE) FRIEND CHRIS NAVES!!!! Class of "86" NOW RULES!!! May the Name JR LIVE ON!! P.S. Almost Forgot My Friend Ben Fishman!! CONGRATS MRS WINN ON YOUR NEW BABY!!! EVERYONE HAVE A GREAT SUMMER. FOOTBALL RULES!!!!! Jennifer "J.R." Robb



# Congratulations Class of '85!

Senator Bill Campbell 33rd District



TOTAL
COELO
ROASTIN',
TOASTIN',
186 IS
BOASTIN'!

## THE ELITE '85



These successful young men are The Elite (ilet) powerful.

the group or part of a group selected or regarded as the finest, best, most distinguished, most



The Elite adorn the proper attire for their daily workout in the Ritz Carlton weightroom.



Who's pus now?



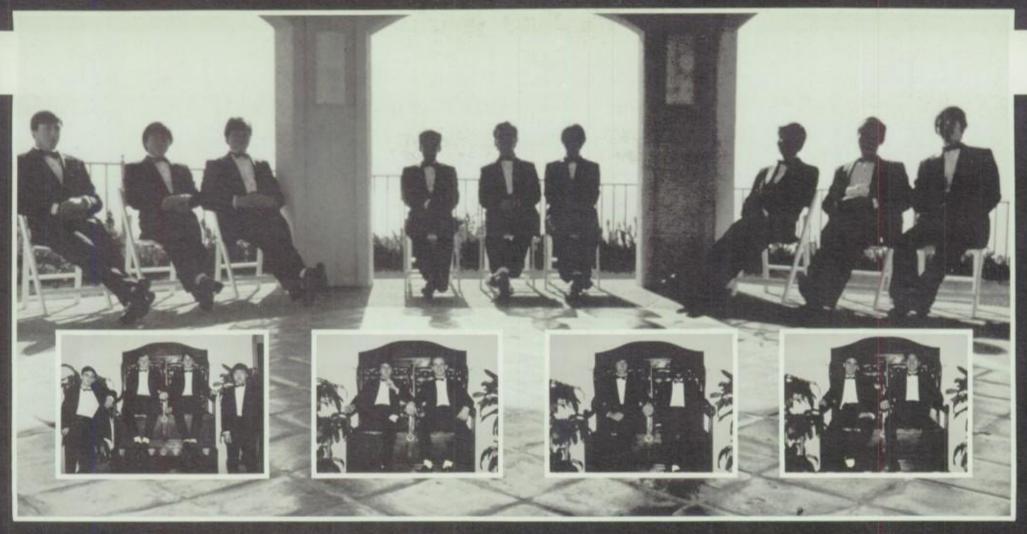
We made it, now we're gonna make it!



A moment of seriousness for the boys.



The Elite—(top) Grant "Play by Play" Winslow, Andrew "Pyro" Moh, Tim "Pookie" Pulver, Roger "13½" Bruce, Dave "Dill" Reinhart (front) Victor "Lil" Bambino" Clesceri, Bernie "Party Animal" Dy, Sonny "Buckwheat" Ali, Dave "S4B" Wagner.



Remember these faces, for they are the future of America!



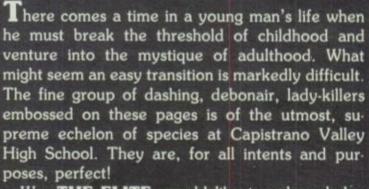
Right Ball to Left Ball ...







We Came; We Saw ...



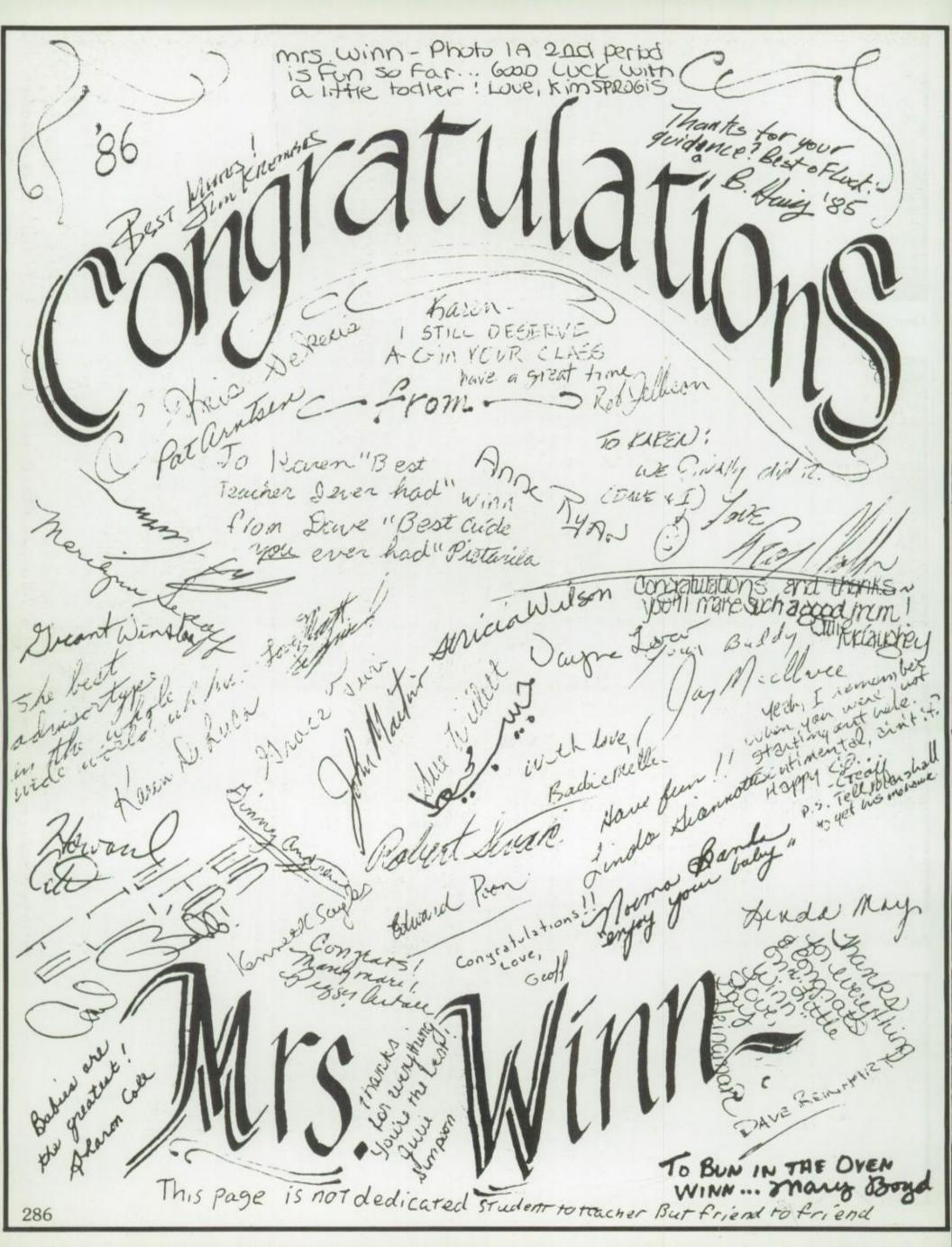
.. and relaxing to contemplate their successful fu-

We, THE ELITE, would like to acknowledge the following: the excellent teaching staff for its time and effort; the determined cafeteria workers for serving hot, healthy, hearty lunches with a smile; Mrs. Arntsen for her cooperative and courteous service in the guidance office; the student body for exhibiting its Cougar pride with reckless abandon; and Christopher Levens for making us laugh, now we know he wasn't adopted (assess the validity of this generalization). Be assured - we are the one-and-only Elite! Yesterday! Today! To morrow!

In closing, good luck senior class of '85 and remember, "Wherever you go, there you are!"



A picture is worth a thousand words. '





Karen "I Wanna Rock" Winn; advisor



Brian "Hound Dog" Hiag; co-editor



Julie "What's Love Got to Do With It" Simpson; co-editor



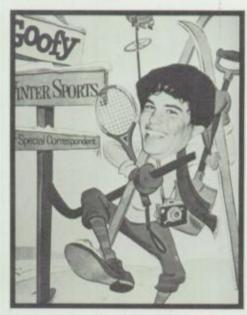
Matt "Windmill Lane" Selznick; asst. arts and entertainment editor



Geoff "Paisley Park" Carter; arts and entertainment editor



Barbie "Material Girl" Miller; business manager



Geoff "What a Goof" Maleman; sports



Natalie "One of a Kind" Newton-Wooldridge; reporter



Bob "Hot for Teacher" Sivak; reporter



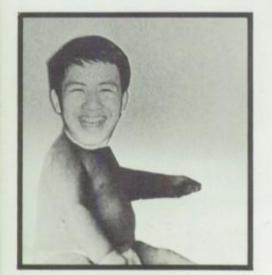
David "Boy" Bailey; photographer



Julie "Diamonds are a Girl's Best Friend" McCaughey; reporter



Mary "I just Wanna Have Fun" Boyd: reporter



Ed "Baby Face" Poon; copy editor

Good Luck Class Of '85! From The Paw Prints Staff CONTRACTOR OF THE PROPERTY OF



# "It's All Coaching!"

# general index

a

Acapella 71 A.S.B. 58 Abene, Elizabeth 194 Aberle, Robert 41, 151 Abrams, Kellie 66, 214 Abshire, Mark 194, 209 Academic Decathalon 54 Ackerman, James 50, 194 Acosta, Connie 194 Adair, Marshall 268 Adams, David 214 Adams, Tommy 19, 86, 87, 116, 235, 236, 244 Aguilar, Francisco 100, 236
Aguilar, Francisco 100, 236
Aguilar, Hermilo 150
Aguilar, Luis 97, 150
Aguilar, Maria 214
Ahlman, Jamie 88, 89, 132, 236
Air Guitar 79 Aisel, Valarie 74, 194 Al-Mandili, Izabella 76, 214 Alejo, Juaquin 51, 82, 150 Alford, Kristine 94 Ali, Kamal 214 Ali, Sonny 134, 135, 150, 284 Ali Bobby 214 Allen, Bob 60, 90, 266 Allen, Jason 87, 120, 236 Allen, Kelsey 132, 236 Allen, Myrna 272 Allen, Stacey 150 Alton, Damon 236 Alvarado, James 112, 214 Amato, Enrico 214 Ambrose, Adam 214, 230 Amen, Mark 194 American Field Service 62 Anderson, Christopher 106, 194 Anderson, Craig 31, 87, 116, 264, 265 Anderson, David 67, 236 Anderson, J.T. 101, 118, 214 Anderson, J.T. 101, 118, 2 Anderson, James 230, 236 Anderson, Tristen 237 Anderson, Vicki 95, 270 Andrew, Todd 106 Andrew, Todd 106 Andrew, Virgina 108, 194 Andrews, Rebecca 214 Anstead, Bethany 217 Anstead, Tony 236 Anstead, Tony 236 Aoude, Khaled 194 Arakawa, Michael 214 Arblaster, Colin 107, 214 Agentar, David 54, 57, 79, 194 Aguello, Tammy 150 Ari, Rania 194 Armstrong, Jason 150 Armstrong, Vanessa 236 Armstrong, William 66, 67, 68, 194 Arnett, Ronald 194 Arnold, Jason 92, 214
Arntsen, Patricia 272
Artale, Mark 100, 214
Artale, Peggy 272
Artim, Craig 236
Asay, Kelli 236 Ashbach, Christopher 58, 64, 87, 112, 235, 236, 247 Ashbach, Scott 120, 150 Ashby, Colton 127, 236 Atcha, Jamil 135, 214 Atchison, Jim 214 Atkins, Diana 259 Atkins, Diana 259
Atkins, Morgan 194
Attaway, Jeffrey 115, 194
Attaway, Mike 88, 130, 236
Atwood, Matthew 82, 150
August, Brett 116, 143, 151
August, Lance 85, 118, 214 Augustine, Brady 151 Austin, Ivar 138, 214 Autenrieb, Elise 16, 56, 59, 66, 214 Avdeef, Rachelle 136, 137, 194, 230, 231

Avitia, David 214

Ayanian, Erin 50, 236 Azar, Connie 214 Azar, Tommy 82, 151 Azua, Stephen 151

b

Babb, Carl 266 Babel, Heather 61, 236 Bailey, David 43, 52, 287 Bailey, David 43, 52, 287
Bailey, George 151
Bailey, Roberta 214
Baiocchi, Damian 107, 236
Baker, Jennifer 194
Baker, John 266
Baker, Kristina 51, 64, 214
Baker, Robert 51, 85, 214
Baker, Stave 24, 82, 151 Baker, Steve 24, 82, 151
Baker, Chris 82, 151
Balagot, Ronald 115
Balagot, Ronnell 98, 99, 114, 115, 194, 236 Baldwin, Brian 194 Ball, Melissa 151 Ball, Melissa 151
Ballard, Scott 236
Ballard, Stacey 151
Ballou, Slade 236
Balsis, Bradley 87
Bame, Tracy 214
Bamford, David 51, 82, 104, 151
Banda, Monica 194
Banda, Norma 272
Banda, Stephanie 194 Banda, Stephanie 194 Banda, Tina 90, 236 Bannigan, Brenda 151
Banuelos, Anthony 115, 194
Banuelos, Cindy 123, 232, 236
Banuelos, Kathine 151
Barber, Scott 194 Barber, Scott 194
Bardens, Theresa 74, 75, 151
Bardens, William 100, 118
Barillaro, Alexander 236
Barker, Cathy 167, 272
Barland, Michelle 112, 137, 214
Barlow, Dawn 103, 132, 236 Barnes, Amy 236 Barnes, Gregory 151 Barnes, Lori 70, 194 Barnes, Mark 236 Barnett, John 88, 89, 214, 216 Bartelt, Christen 53, 194, 211 Bartle, Shelly 151 Basham, Joshua 236
Basketball, Boys' J.V. 98
Basketball, Boys' Varsity 97
Basketball, Frosh/Soph 101
Basketball, Girls' 103 Bassett, Brent 236 Bastias, Gabriela 62, 78, 88, 194 Bathgate, Colleen 214 Battoe, Bruce 54, 194, 209 Baughman, Randy 152 Baumgarten, Helen 236 Bayhi, Susan 236
Bayles, Alissa 236
Bebout, Richard 152
Becerra, Consul 224 Becerra, Leticia 236 Becerra, Patricia 236 Becerra, Teresa 194
Beck, Kristine 42, 61, 65, 194
Beck, Samanthe 214 Beck, Stuart 66, 67, 68, 236 Beckman, David 50, 214 Beebower, Darin 214 Beecher, William 237 Behray, Maggie 194 Beidler, Steven 112, 237 Beier, Amy 128 Beierschmitt, Amy 55, 57, 64, 152
Beightol, Brett 87, 115, 237
Beightol, Todd 64, 82, 97, 130, 194, 205
Beghts, Sharon 194
Belander, Deminson 68, 87, 237 Belardes, Domingo 68, 87, 237 Belardes, Matt 85, 214

Bell, Daniel 50, 194 Bell, Jason 237 Bell, Kimberly 152
Bell, Kimberly 152
Bell, Sheri 56, 194
Benharash, Shaddy 152
Benn, Pamela 53, 62, 214
Benner, Chris 100, 237 Bennett, Kelly 194 Benoit, Butch 195 Benton, Dawna 195 Benton, Mike 56, 152 Berberian, Silva 237 Berkeley, David 64, 82, 195 Berkeley, David 64, 82, 195
Bernardo, Arman 214
Bernardo, Alan 92, 127, 237
Bernay, Tracy 65, 68
Berns, Tammy 237
Beyma, Joseph 195
Beyries, Patrick 214
Bickler, Jon 59, 237, 238
Bigelow, Trudy 152
Bigler, Micheal 237, 254
Binaski, John 237 Bigler, Micheal 237, 254
Binaski, John 237
Binder, Ken 115, 214
Binder, Robert 99, 114, 115, 195
Bingham, Kim 214, 230
Bingham, Tiffany 108, 123, 214
Bird, Sara 56, 59, 65, 67
Birtle, Heather 237
Bisbal, Jason 237
Bishoff, Tonya 214;
Black, Greg 152
Balck, Mickee 195
Black, Tiffany 235, 237, 247
Balckburn, John 100, 115, 237, 251
Blake, Carolyn 260
Blancett, Danny 116, 152
Blanchart, Matthew 214
Bley, Jennifer 109, 132, 237 Bley, Jennifer 109, 132, 237 Blutreich, Brian 51, 130, 140, 153 Boatman, Christine 215 Boatman, Christine 215
Bodner, Meredith 103, 132, 215, 245
Boerio, Bruce 298
Bohn, Paul 215
Bohnet, Lori 195
Bollig, Wayne 153
Bone, Ana 215
Bonham, Jenny 69, 153 Bonham, Jenny 69, 153 Bonnice, Karen 215 Booker, Amy 211, 215, 220 Booster Club 64 Borst, Scott 237 Borunda, Amber 215, 232 Borunda, Amber 215, 232
Bosemer, Kristin 56, 195
Boswell, Kerry 32, 72, 73, 78, 195
Bott, Chris 127, 237
Bouley, Ron 42, 215
Bower, Kimberly 60, 195
Bowers, Patricia 211, 215, 220
Bowlin, Darcymichele 215
Bowman, Lisa 128, 215 Bowman, Lisa 128, 215 Bowman, Lisa 128, 215 Bowser, Marni 237 Boyd, Jacki 153 Boyd, Jonathan 70, 88, 195 Boyd, Mary 52, 55, 59, 153, 287, 298 Boyd, Rebecca 68, 237 Boyd, Tammi 237 Boydstun, Chandra 237 Boydstun, Chandra 237
Boyle, Traci 109, 237
Bradford, Audrey 237
Bradley, Kimberly 68, 237, 245
Bradley, Nicole 68, 215
Bradshaw, Belinda 80, 94, 95, 122, 123, 195
Bramwell, Karen 237
Brandau, Wayne 153
Bravo, Patricia 237
Braner, Jena 132 Braner, Jena 132 Bray, Brian 153 Brettell, David 195 Briggs, Laura Lee 215, 228 Bright, Jill 128, 215 Brintle, Robert 153 Britton, Kristen 195 Brokken, Rebecca 137, 237 Brooks, Tim 135, 238, 240 Brower, David 195

Brower, Katherine 195
Brower, Kim 65, 90, 108, 132, 213, 215
Brower, II Peter 87, 120, 238
Brown, Bryan 56, 153, 187
Brown, David 106, 115, 215
Brown, Kimberly 61, 65, 238
Brown, Lance 66, 68, 295, 203
Brown, Ted
Bruce, Roger 124, 153, 157, 179, 284
Brull, Dave 106, 195, 199
Bruno, Stephanie 215
Bruno, Stephanie 215
Bruschke, Jill 238
Bryans, Andrew 79, 238
Bryans, Andrew 79, 238
Bryans, Anthony 238
Buchanan, Deborah 61, 215
Buckley, James 195, 201, 239
Bugna, Janice 64, 74, 75, 139, 195
Bujnovsky, Gregg 97, 154
Bukow, Scott 32, 154, 138
Bunch, Ralph 127, 238
Bunning, David 195
Burch, Nicole 128
Burch, Nicole 128
Burch, Tammy 54, 128, 129, 142, 154
Burdyshaw, Debbie 57, 264
Burgess, Michael 27, 55, 70, 72, 79, 196
Burgus, Kristi 55, 64, 76, 215, 222
Burgus, Staci 20, 21, 24, 58, 64, 154, 280
Burkett, Bryant 60, 196
Burkett, Derek 238
Burkley, Steve 154
Burnett, Steve 97, 154
Burns, April 215, 219
Burns, Heather 50, 64, 149, 154, 172
Burstein, Claudio 154
Busby, Brian 238
Busby, Eric 196
Butterfield, Victoria 154
Buxton, Laurie 154
Buxvid, Christina 59, 66, 215, 224

C

C.S.F. 55
Cabral, Rebecca 238
Cairns, Jane 128, 238
Calco, Paul 88, 238
Calderon, Richard 196
Calkins, Casey 106
Calkins, Celia 65, 238
Call, Nathan 82, 83, 97, 116, 140, 196, 205
Calley, Rebecca 71, 238
Cameratha 70
Campanile, Mario 63, 196
Campbell, David 106, 196
Campbell, Mark 60, 238
Campbell, Stacie 238
Candora, Lee 215
Cannata, Laura 196
Cannella, Archer 215
Capone, Angela 103
Capone, Robert 215
Caporaso, Melissa 90, 238
Carey, Christen 128, 238
Carey, Christen 128, 238
Carey, Keith Stephen 116, 154
Carey, Stephanie 238
Carey, Will 215
Cariker, Kathy 215, 232
Carlson, Kelly 215
Carnaham, Shannon 238, 248
Carnesale, Christine 154
Carney, David 50, 92, 155, 238
Caroccio, Deanna 238
Carpenter, Bradley 87, 238
Carpenter, Bradley 87, 238
Carpenter, Christine 65, 196
Carpenter, David 155
Carrillo, Flavio 54, 155, 183
Carrillo, Laura 238
Carson, Drew 100, 120, 238
Cartee, Lisa 64, 196
Carter, Geoff 32, 52, 78, 155, 176, 287, 298, 299
Carter, Jennifer 108, 109, 238
Case, Jamie 30, 90, 238, 243
Casey, Susan 155

Cassaro, Sal 82, 155 Cast, Ron 236, 238 Cast, Noil 250, 256 Cast, Tricia 155 Castro, Christy 90 Castro, Ernie 155 Cates, Ronald 60, 238 Cathcart, Kevin 238 Cathey, Eddie 39, 66, 67, 71, 155 Cha, Alice 66, 67, 238 Chamberlain, Shawn 87, 239 Chandler, Sonja 155 Chang, Jean 59, 62, 196 Chang, Scott 215 Chapulis, Heather 61, 239 Chard, Jacqueline 64, 156 Charloff, Erika 239 Chavez, Richard 135, 239 Cheeseman, Michele 216 Chen, Andrea 55, 62 Chen, Cecilia 62 Chen, Kaoli 216 Chen, Pauline 239 Chen, Pong 132, 216 Chen, Sierra 62, 216 Chen, Vey 196 Cheney, Matt 110, 196 Cherry, Trey 112, 239 Chesworth, Reed 130, 239 Chesworth, Reed 130, 239
Chevez, Claudine 216
Chiletz, Michael 64, 156
Chittenden, Lloyd 66, 67, 68, 196
Chivens, Glenn 138, 216
Chmielewski, Donna 54, 55, 196, 199
Choi, B.J. 55, 68, 99, 130, 193, 196
Chollar, Troy 25, 112, 196
Chong, Kirsten 57, 64, 132, 216
Chubb, Leanne 216, 225
Chuha, Laura 90, 109, 216 Chuha, Laura 90, 109, 216 Church, Chad 87 Church, Kelley 156 Ciabattoni, Susan 216 Ciabattoni, Susan 216
Cicchini, Ricky 216
Cimarrusti, Char 216
Cinti, Lisa 196
Clark, Aimee 196
Clark, Danielle 213, 216, 223, 247
Clark, Gavin 216
Clark, Kelly 156
Clark, Kirsten 196 Clark, Kirsten 196 Clark, Pam 216 Clark, Shannon 124, 196 Clark, Tim 196 Clarke, Ryan 216 Cleary, Debbie 196 Clesceri, Gina 239 Clesceri, Victor 124, 156, 179, 284 Clesceri, Victor 124, 156, 1'
Clifton, John 156
Clune, John 92, 130, 216
Cobben, Collette 196
Cochell, Staci 156
Chchrun, Larry 82, 196
Cody, Scott 196
Cody, Skipper 216
Coggins, Paul 216
Cohen, Stephanie 137, 239
Cole, Scott 196
Cole, Sharon 260 Cole, Scott 196
Cole, Sharon 260
Cole, Teresa 103, 216
Cole, Tracy 28, 53, 137, 196, 216
Collings, Kimberly 157
Collins, Donald 88, 100, 101, 130, 216
Collins, Jeffrey 157
Collum, Debra 157
Colmam, Dick 264
Colombo, Anglea 108, 216
Colonnese, Wendy 59, 64, 157
Colorguard 65
Combs, Caylin 90, 102, 122, 142, 216 Combs, Caylin 90, 102, 122, 142, 216 Commons, Tony 82, 196 Computer Club 60 Concert Band 67 Conrad, Christian 100, 101, 239 Conroy, Bill 270 Conroy, Bill 270
Conroy, Colleen 148, 196
Contreras, Devin 130, 217
Contreras, Julie
Cook, Cindy 157
Cook, Jeffrey 217
Cool, Renee 217 Cooper, Bruce 41, 156, 157 Copeman, Michael 157 Copeman, Tom 56 Corell, Kelly 196 Corpe, Tina 217

Cortrite, Rogeen 260
Cosbey, Donald 196
Costa, Theresa
Cott, Howard 37, 262
Coury, James 157
Cox, Daniel 239
Cox, Devon 66, 67, 127, 239
Cox, Ronny 217
Coyne, James 196
Craig, Brian 196
Cramer, Jacquelin 196
Crandall, Douglas 115, 217
Crandall, Julie 32, 61, 217
Crandall, Tressa 157
Crane, Daniel 50, 239
Craven, Bridget 217
Crawford, Richard 50, 82, 156, 158
Creber, Steve 26, 66, 67, 158
Crespo, Monique 217, 223, 225
Crivelli-Kranig Renee 158
Crocker, Paige 239
Croquet Club 51
Cross, Bill 158
Cross Country Team 88
Crouch, Shannon 59, 239
Croy, Natalie 56, 158
Crumpler, Shelly 20, 62, 88, 197, 210
Cukrov, Toni 61, 123, 158
Cunningham, Debbie 137, 139, 270
Curr, Christopher 82, 197
Curtis, Daniel 64, 82, 83, 130, 158
Curtis, David 64, 82, 197
Curtis, Leigh 132, 239
Curtis, Stanley 127, 197
Cussen, Christopher 217
Custis, Courtney 59, 217
Cutler, Jeffrey 239

d

D'Amore, Gina 203, 217 Dahm, Jerusha 72, 73, 217
Daley, Daniel 12, 50, 51, 82, 130, 131, 158, 160 Darley, Daniel 12, 30, 51, 82, 130, 160

Dance Production 74

Dandan, Reema 90, 91, 158

Daniel, Tammy 239

Daniel, Teresa 197

Daniels, Jeff 24, 50, 158

Daniels, Tamara 52, 217

Dargan, Mary Kay 260

Davey, John 12, 99, 115, 197

Davidson, Lori 197

Davidson, Shawn 159

Davies, Michael 112, 217

Davis, Charlotte 56, 65, 215, 217

Davis, Christine 63, 159

Davis, Collin 92, 159, 184

Davis, Jamie 65, 239

Davis, Linc 50, 239

Davis, Wendy 65, 71, 239

Dawly, Elias 197

Dawson, Lance 100, 239 Dawson, Lance 100, 239 Day, Janet 197, 207 Day, Janet 197, 207
De La Pena, Jodi 65, 67, 239
De Leo, Gina 12, 33, 52, 59, 239
Dealto, Anthony 197, 210
Debruyn, Karen 64
Dee, Kelly 197
Deever, Teresa 159
Degeer, Mike 118, 270
Deleone, Patricia 159
Dellota, Kim 142, 159
Dellota, Lori 55, 64, 70, 159, 166
Delprato, Nicole 50, 64, 108, 193, 197
Deluca, Karen 272 Deluca, Karen 272
Demaggio, Dena 58, 64, 108, 193, 197
Demaggio, Nicki 64, 108, 197
Demaggio, Stan 102, 262
Demarco, Debbie 197
Denicola, Michael 51, 58, 64, 115, 138, 143, 157, 159
Denish, Andrea 239
Denison, Blake 231
Denison, Scott 60, 62, 88, 130, 197
Dennis, Donald 105, 197
Dent, Roy 60, 217
Derfelt, Sarah 65
Derfelt, Shelly 239
Descoteaux, Joy 239 Deluca, Karen 272 Descoteaux, Joy 239 Desmarais, Charles 53, 66, 68, 159

Desota, Fred 135, 197
Devalut, Ruby 61
Devinny, Daniel 239
Devoss, Jon 49, 66, 67, 217
Doyoe, Lynn 239
Di Credico, Seana 239
Diaz, Maria 239
Dibble, Debbie 197
Dickerson, Jeremy 110, 197
Dickson, Brenda 39, 217
Dickson, Douglas 11, 59, 66, 68, 197
Diehl, Heath 239
Diers, Sara 272, 274
Diersbock, Thomas 100, 115, 239
Difraia, Kimberly 240
Dillon, Tricia 28, 69, 197
Dipsiner, Kim 56, 88, 132, 140, 159
Dodd, Steve 197
Dodson, Troy 217
Doherty, Dana 109, 217
Doms, Gregory 50, 152, 159
Dona, Maria 217
Donathan, Kelli 64, 110, 137, 159, 21

Dodd, Steve 197
Dodson, Troy 217
Doherty, Dana 109, 217
Doms, Gregory 50, 152, 159
Dona, Maria 217
Donathan, Kelli 64, 110, 137, 159, 217, 231
Donner, David 3, 50, 197
Doody, Casey 110, 217
Doody, Christy 240
Doolin, Nicole 159
Dornseif, William 240
Downey, Keith 85, 217, 232
Downey, Kellie 159
Doyle, Dan 159
Drager, Dale 270
Drama Club 72
Drazil, Cheryl 197
Dreier, Lance 217
Drgastin, Kelli 240
Drill Team 65
Druckrey, Craig 78, 197
Drum Corp 66
Duclos, Eric 82, 130, 159
Duer, Jeff 104, 115, 197
Duffy, Scott 160

### e

Durty, Scott 160
Duguay, Danny 50, 160
Duncan, Jordan 217
Dunning, Derek 160
Durand, Marcel 81, 84, 85, 116, 217
Durham, Casey 85, 118, 217
Dy, Bernard 60, 160, 284

Dye, Paul 262

Eagle, Mark 72, 217, 232
Eagle, Michael 66, 67, 240
Eagle, Monasue 56, 197
Earnest, James 88, 197
Eastwood, Karen 50, 160
Ebrahimzadeh, Hirbod 240, 241
Ebrahimzadeh, Hotosa 53, 62, 132, 197, 210
Eckman, Michael 160
Edwards, Christopher 217
Egger, Kristin 73, 217
Eggert, Sharon 128, 218
Eichmuller, Tina 50, 55, 62, 102, 160
Eidt, Samuel 53, 54, 160
Eidred, Sean 240
Elecciri, David 18, 51, 82, 270, 271
Ellas, Jason 240
Elkins, Jody 198, 210
Elliott, Gwenyth 88, 132, 240
Elliott, Kimberly 198
Elliott, Michelle 218
Emmert, Susan 198, 240
Engel, Chad 198, 118
England, Mike 264
Enright, Dick 82, 270
Epperson, Kyle 240
Epperson, Travis 198
Erbe, Derek 51, 104, 105, 160
Erickson, Daniel 112, 218, 229
Erickson, Randy 24, 55, 64, 70, 92, 160
Esau, Amy 68, 218
Eskow, Stacy 74, 240
Espe, Sean 218
Esposito, Laura 198
Estrada, Connie 66, 67, 70
Estrella, Cynthia 66, 198
Evans, Jeffrey 88, 130, 131, 161
Evans, Sylvia 88, 161, 298
Everett, Mary Anne 259

Evins, Richlyn 240 Explorer Scout Ski Club 50

# f

Faanes, Jeff 161 Fagan, Suzanne 8, 64, 218 Fairburn, Sean 85, 130, 218
Falabella, Greg 240
Falabella, Wendi 198
Falkowski, Michelle 240
Falkowski, Michelle 240 Fallman, Brian 107, 240 Fanucchi, Angela 240 Farley, Andrea 268, 269 Farley, Bridgett 198 Farley, Kerry 240 Farley, Shea 198 Farlow, Steve 218 Farr, Stephanie 64, 198
Farrell, Michael 87, 112, 240
Farrimond, Marie 198
Farrokh, Kuorosh 30, 50, 161 Faulds, Greg 218
Favrhow, Chelsea 55, 218, 225
Fearing, Billy 218
Fedele, Matthew 60
Felix, Kenny 82, 130, 142, 161
Felix, Steven 101, 218 Felton, Carol 128, 218 Ferguson, Lynette 240 Ferguson, Teresa 262 Fernandez, Richard 240 Fernando, Paul 240 Fernando, Paul 240
Ferrara, Gabrielle 240
Ferrara, Marc 198
Ferrick, Tony 66, 67, 240
Ferrigno, Gregory 161
Ferrigno, Mark 240
Ferry, Anthony 240
Fessenden, Joan 260
Fiamengo, Janice 132, 240 Fiamengo, Janice 132, 240 Fields, Eric 59, 66, 67, 68, 82, 198 Fields, Jenny 45, 59, 66, 67, 240 Fike, Russell 82, 130, 198 Filipowicz, Paul 56, 107, 218 Finn, Darrin 240 Finn, Richard 17, 25, 58, 64, 161 Firoved, Mike 60, 198 Fischer, Eric 218
Fisher, Alayne 57, 161
Fishman, Benjamin 50, 59, 60, 240
Fitt, Shawnna 11, 59, 66, 67, 68, 240 Fitzgerald, Andrea 161 Fitzpatrick, Daniel 110, 161
Fitzpatrick, James 61, 162
Fitzpatrick, Kelly 74, 198
Flanders, David 240
Flannery, Keith 66, 72, 218
Fleury, Rhonda 240
Flihan, Diane 198
Flinzner, Marianne 240
Flood, Donald 87, 240
Florentine, Greg 218
Floyd, Kari 218
Floyd, Lisa 162
Floyd, Mike 162
Flynn, Daniel 241 Fitzpatrick, Daniel 110, 161 Flynn, Daniel 241 Folsom, Kim 218 Football, Freshman 87 Football, Sophomore 85 Football, Varsity 88 Fornos, Julio 162 Forrest, Sheryl 162 Forster, Christa 12, 64, 70, 76, 79, 153, 162, 166, 265 Forster, Marco 100, 120, 241 Fosdick, John 84, 85, 110, 115, 218 Fosdick, Michelle 20, 30, 58, 64, 77, 162 Foss, Carey 65, 241
Foster, Dana 95, 241
Fowers, David 99, 198
Fox, Jeanene 61, 132, 218
Fox, Jim 88, 130, 198 Foy, Gregory 218 Frager, Randall 241 Frank, Darin 81, 130, 218 Franklin, April 196, 198 Fratus, Ricky 88, 130, 241, 246, 253 Fredericks, Lesley 50, 64, 74, 137, 141, 162, 172 Frantz, James 218

Freeman, Eric 162
French Club 53
French, Jacqueline 64, 70, 74, 79, 162
French, Nancy 260
Frieder, Linda 162
Frieze, Sander 162
Frieze, Wendy 198
Frost, Lyle 264, 265
Fulfrost, Brian 57, 198
Fuller, Mischa 65, 241
Fullerton, Jennifer 241
Fully, Caren 238, 241
Furst, Bill 162
Furtney, Jennifer 198

# g

Gabert, Margaret 198
Gabris, Missy 3, 28, 50, 52, 58, 61, 64, 74, 159, 162, 175
Gabris, Tricia 218
Gaggiano, Michael 198
Galaviz, William 218
Gale, Scott 241
Galkin, Lisa 163 Galkin, Lisa 163 Gallagher, Daniel 26, 218 Gallagher, Kevin 198
Gallego, Victor 163
Gallion, Michelle 198
Gallion, Tamara 241
Gambale, Jennifer 218 Garcia, Ava 218 Garcia, Briana 241 Garcia, Fred 218 Garcia, George 198 Garcia, James 219 Garcia, James 219
Garcia, Lori 65, 241
Gardner, Kevin 138, 163
Garey, Allison 32, 219
Garriepy, Sheannon 219, 227
Garrison, Marc 115, 219
Gaskill, Harold 219 Gasparro, Kimberly 219 Gatdula, J.J. 196, 198 Gates, De Ann 74, 75, 124, 163 Gates, Steve 198 Gaudet, Shannon 198
Gaxiola, Ed 1-9
Gaxiola, Robert 241
Geddes, Brian 163
Godinan Legister 65 Gediman, Jennifer 65, 137, 241, 256 Gembala, Sandra 66, 67, 219 Gendelman, Lynn 60, 219 Generaux, Linda 72, 241 Gersten, Tracey 53, 56, 199, 219 Gersten, Tracey 53, 56, 199, 219
Ghiasi, Arash 241
Giamarino, Reisha 199
Giannotii, Linda 273
Gibson, Jennifer 241, 255
Gibb, Beth 44, 62, 268
Gibson, Ken 88, 130, 241
Gibson, Lisa 74, 75, 198
Gilman, Brian 198
Gingerich, Derek 120, 241
Ginther, David 87, 241
Gipe, John 18, 51, 90, 115, 266
Giraud, James 107, 241
Gish, Randy 103, 123, 262
Gladden, Pamela 132 Gladden, Pamela 132 Glanz, Sheri 219 Glaser, Ella 268 Glassman, Gwen 94, 95, 199
Glassman, Mark 241
Glazer, Nicole 10, 66, 67, 241
Glenn, Karey 163
Glonek, Amy 242
Goldberg, Charles 199 Goldberg, Charles 199 Goldberg, Gigi 71, 242 Goldenberg, Edwin 107, 242 Goldstein, Wendi 56, 68, 219 Golf Team 139 Goltman, Karla 128, 163 Gonzales, Nick 199 Gonzales, Octavio 219 Gonzalez, Irma 163 Goodrich, Billie 61, 242 Goodvin, Tina 163 Goodvin, Toni 242 Gosztola, Stephanie 219 Gould, Rebecca 219, 227 Gowdy, Christine 219

Graeler, Darren 163 Graeler, Melissa 219 Graham, Madek 219 Grant, Richard 82, 130, 216, 219, 228 Grant, Travis 242 Gratz, Daniel 242 Gray, Erin 242 Gray, Meghan 77, 199 Greathead, Paul 199 Green, Lorraine 219 Green, Paul 242 Greenwaldt, Dawn 164 Greenwaldt, Dawn 164
Gregson, Shawn 242
Grieco, Thomas 82, 199, 270
Gries, Vernon 164
Griffin, Darcy 66, 67, 164, 242
Griffin, Erin 128, 242
Grihalva, Tania 110, 219, 228 Grimes, Erylene 164 Grimmick, Hank 10, 151, 164 Groslouis, Marla 242 Gross, Heather 50, 138, 164 Grove, Jason 242 Gruenewald, Stacey 56, 65, 219 Grundeman, Jill 199 Guecia, Claude 199 Guerrero, Jolene 219
Guerrero, Natalie 95, 199
Guerrero, Vilma 88, 89, 132, 199
Guigli, Brenda 77, 194, 199
Guise, Patricia 164
Gullett, Marlo 61, 242
Gullett, Pakert 199 Gullett, Robert 199 Gunnemann, Robert 242, 246 Gunning, Jeffrey 242 Gunning, Jill 219, 227 Gunning, Lori 164 Gutierrez, Augustine 63, 88, 89, 130, 131, 164 Gutierrez, Lourdes 199 Gutierrez, Norma 219 Guy, Kimberly 242 Guy, Richard 199 Gymnastics 136 Gyorgy, Joseph 219

## h

Habib, Bassil 242
Hada, Ronald 87
Hadlock, Kimberly 165
Hafer, Stacey 219
Haig, Brian 25, 52, 165, 181, 287
Haines, Eric 53, 165
Hakeman, Darren 242
Halbert, Joe 87, 242
Hale, Angelina 219
Hale, Ara 242
Hale, Carrie 165
Hale, Robert 242
Hall, Chris 70, 92, 165
Hall, Kelley 165
Hall, Kristine 38, 165
Hall, Sissel 242
Hall, Tamara 219
Hallam, Angel 165
Hallam, Lawrence 219
Hallan, David 219
Halle, David 199
Halle, David 199
Halle, John 242
Haller, Eric 44, 57, 70, 72, 147, 165
Haller, Monica 242
Halloran, Kelly 65, 242
Hammers, Theresa 199
Hammond, Robert 3, 50, 199
Hannah, Eric 55, 82, 200, 206
Hannum, Michael 110, 219
Hansen, Jon 220
Hansen, Paula 200
Harcarik, Todd 200
Harcarik, Todd 200
Hare, Alison 200
Hare, Kristen 56, 64, 165
Harms, Jeffrey 200
Harns, Heather 166
Harris, Brad 59, 66, 67, 166, 201
Harris, Erik 50, 166, 267
Hart, Robin 200
Hartfield, Darcey 242
Hartman, Julie 220
Hartounian, Marlene 200
Harvey, Lyn 266

Harwood, Riley 92, 200 Hastings, Alisa 242 Hastings, Rochelle 69, 74, 75, 220 Haugen, Eric 107, 220 Haun, Jennifer 242 Hausdorfer, Lisa 166 Hauswirth, Charlie 242 Haven, Eileen 273 Haven, Scott 112, 242 Havourd, Duane 138, 200 Hawkins, Rodney 242 Hayes, Aimee 166
Hayes, Marc 139, 200
Haywood, Brad 87, 112, 120, 242
Head, Scott 85, 130, 220
Hearne, Stephen 106, 107, 242 Hecker, Lisa 128, 243 Hedfeld, Stefanie 200 Heffernan, William 87, 130, 243 Hein, Grant 134, 135, 143, 166 Heinaman, Gay 50, 62, 139, 193, 200, 210, 298 Held, April 200 Heller, David 166 Heller, David 166
Helmick, Keith 263
Hemphill, Charles 10, 19, 166
Henderson, Jack 166, 186
Henderson, Katie 220
Henderson, Marie 53, 62, 268, 269
Herman, Mike 110, 166 Hernandez, Gary 70, 200 Hero Club 61 Herrera, Eric 200 Hess, Andrew 66, 67, 68, 220 Hess, Ethan 243 Hickin, Robin 243 Hickman, John 167 Hicks, Allyson 243 Hierl, Kimberly 220 Hierl, Kimberly 220
High School Spotlight 52
Highberg, Kristin 243
Hildebrandt, Becky 200
Hilger, Michelle 167
Hill, Billy 243
Hill, Connie 43, 61, 65, 236, 243
Hill, Curt 104, 112, 200
Hill, Crutis 220 Hill, Crutis 220 Hill, Jeffrey 220 Hill, Jennifer 243 Hilliard, Kimberly 243 Hillonshead, Angela 243 Himmel, Erica 53, 54, 55, 200 Hiner, Robb 92, 126, 127, 200 Hinton, Greg 59, 220 Hird, Casey 78, 138, 167 Hird, Kevin 243 Hitzfield, Karen 45, 200, 204 Hodges, Suzi 243 Hoenig, Mathew 243 Hoffart, Paula 9, 20, 21, 30, 58, 64, 77, 167, 173 Hoffman, Bill 7, 31, 55 Hofmann, Kirk Hoglund, Jon 220 Holdt, Jennifer 200 Hollo, Dwayne 51, 82, 115, 200 Hollon, Roy 66, 167 Holmberg, Jason 88, 89, 130, 131, 220 Holmquist, Sherry 200 Holt, Kenneth 200 Honeycutt, Chad 243 Hope, Nicholas 220 Hornaday, Mark 243 Hortinela, Stanley 125, 155, 167 Hortinela, Teresa 74, 200 Houck, Travis 243 Houston, Jennifer 68, 220 Howard, Byron 106, 200 Howard, Christopher 139, 220 Howard, Matthew 92, 243 Hoyt, Cynthia 137, 220 Hoyt, Jennifer 243 Hubbard, Heather 20, 76, 217, 220 Hubbard, Sheilin 61, 167 Hudson, Marshall 64, 116, 167 Huesman, Laura 243 Huey, Benjamin Huff, Eric 200 Hughes, Heather 243 Hughes, Jesse 11, 200 Hulka, Cris 200 Hungate, Paul 243 Hunt, Jean 273 Hunter, Janet 220 Hutcheson, Andrew 107, 243

Hwang, Edward 60 Hynan, David 85, 110, 220



Ibarra, Kristina 51, 200 Ige, Tim 64, 111, 141, 167 Ihle, Albert 243 Ihle, Eva 55, 56, 59, 167 Illes, Monica 243 Ince, Nadia 137, 243 Irving, Catherine 66, 67, 71, 243, 244 Irving, Marcy 69, 220, 228 Isenberg, David 200



Jackson, Jeffery 115, 200 Jackson, Jennifer 200 Jackson, Kimberly 243, 247 Jackson, Dale 55, 220, 225 Jacobs, Lion 33, 56, 57, 135, 200 Jacobsen, Joshua 220 Jacobsen, Travis 106, 243 Jakubka, Janell 132, 221 Jakubka, Jerri 132, 167 Janko, Bob 262 Janssen, Wendy 139, 200 Jarmacz, Anita 243 Jarmacz, Craig 200 Jay, Chris 221 Jazz Band 68 Jeffries, Jessica 61, 73, 243 Jeisy, Donald 259 Jellison, Robert 112, 221 Jendreas, Carrie 243 Jennings, Chris 201 Jennings, Tiffany 66, 67, 243 Jensen, Kimberley 108, 132, 201 Jent, Tina 167 Jeong, Roy 49, 66, 67, 68, 221 Jerue, Corri 201 Jerue, Corri 201
Jerue, Jeffrey 244
Jimenez, Juan 50, 82, 201, 203
Jimenez, Tony 221
Joeschke, Jennifer 65, 244
Johnson, Christa 65, 244
Johnson, Bruce 40, 167
Johnson, Erik 221 Johnson, Garrett 221 Johnson, Jeffrey 87, 244 Johnson, Joy 221 Johnson, Kim 201 Johnson, Krystyne 201 Johnson, Lisa 244 Johnson, Richard 50, 115, 221 Johnson, Roger 221 Johnson, Sloane 167 Johnson, Wilma 58, 273 Johnsonbaugh, Daniel 41, 201 Johnston, Van 66, 67, 127, 221 Jolly, Gerard 138, 201 Jolly, Jason 221 Jones, Brenda 244 Jones, Camille 244 Jones, Dawn 167 Jones, Gina 45, 167 Jones, Melissa 221 Jones, Richard 88, 116, 168 Jones, Robert 49, 66, 67, 221 Jones, Theresa 221 Jones, Tracy 244
Jordan, Elizabeth 128
Jordan, Lynn 56, 70, 74, 75, 201
Joseph, Paul 221
Joyce, Cathy 268 Joyce, James 53, 60, 62, 112, 221 Judikinas, Robert 130 Junus, Edy 168 Jura, Alaric 135, 221 Justo, Abigail 221 Justo, Eric 201



Kaeker, Ken 99, 199, 260

Kaffka, Erick 244 Kahler, Kimberly 90, 103, 128, 221 Kane, Elizabeth 201 Kang, Felix 168 Kang, Raymond 244 Kang, Susan 132, 221 Kapasi, Oscar 168
Kapp, Sherryl 201
Karimkhany, Koroush 221
Katayama, Kanta 139, 221
Kaup, Nikki 244
Kavanagh, Celia 168
Kecskes, Kenneth 221, 231
Keena, Raquel 221
Kehle, Karen 168
Keifer, Johnny 201
Kellenberger, Gayle 102, 244
Kelley, Colleen 201, 207
Kelley, Jeff 28, 82, 116, 168
Kelly, Jeff 28, 82, 116, 168
Kelly, Shannon 61, 244
Kelly, Sharyn 74, 270
Kelly, Thomas 101, 221
Kemper, Jim 100, 120, 244
Kenneday, Bill 43
Kennedy, April 168
Kennedy, Jack 221
Kennedy, Jack 221
Kennedy, Kristina 168
Kennedy, Kristina 168
Kennedy, Lisa 137
Kennedy, Michael 169
Kennefick, Joseph 92, 127, 244
Kercher, Kimberly 26, 70, 169
Kercher, Kristen 66, 171, 244, 250
Kerkes, Steve 221
Kerr, Becky 221
Kettelhut, Lisa 69, 72, 169
Kettler, Valerie 244
Key Club 57
Khamamkar, Rajeev 55, 130, 201
Khosravi, Hamed 221 Kapasi, Oscar 168 Kapp, Sherryl 201 Key Club 57
Khamamkar, Rajeev 55, 130, 201
Khosravi, Hamed 221
Kidman, Robert 244
Kiehl, Kari 244
Kim, David 169
Kim, Helen 68, 244, 257
Kim, Janet 57, 221, 244
Kim, Peter 221
Kim, Thomas 244
Kindrich, Joseph 22, 118, 221
King, Mike 221
Kingston, David 244
Kingston, Theresa 42, 61 Kingston, David 244
Kingston, Theresa 42, 61
Kinsella, Donna 244
Kipper, Krista 244
Kirk, Michelle 169
Kirk, Dave 169
Kirk, Robert 169
Kirkpatrick, Conne 264
Kirst, Kimberly 221
Kiwanis Bowl 54
Klassen, Eddie 56, 221
Klassen, Scott 221
Klefbeck, John 66, 68, 201
Klein, David 127 Klein, David 127 Klein, Elizabeth 61, 169 Klein, Eric 60, 244 Kleist, Kirsten 123, 201 Kleist, Kirsten 123, 201
Klobucher, Stacie 67, 166, 244
Knettles, John 130, 199, 201
Knight, Jane 61, 201
Kobylski, Terry 169
Koclanis, Jeffrey 221
Koclanis, Jim 169
Kollias, Bill 104, 105, 201
Kolson, Marc 87, 244
Kopf, David 51, 201
Korbonski, 79, 92, 201
Korn, Elaine 221
Kornbloom, Haylee 59, 71, 244 Kornbloom, Haylee 59, 71, 244 Kornbluth, Ellen 221 Kortz, Gary 79, 195, 201 Korzep, Richard 170 Korzep, Richard 170
Korzep, Sean 201
Kosmowski, Kathy 137, 244
Kostoff, Todd 100, 101, 222
Kotowitz, Eric 110, 170
Koudsi, Mona 170
Kovacovich, Amy 108, 132, 222
Krager, Vince 50, 244
Kramer, Brian 106, 201
Kramer, Kelly 244

Kramer, Kelly 244 Kraus, Sherry 55, 201 Krause, Michelle 64, 170 Krebbs, Ronald 170
Krembas, James 21, 258
Kreps, Brian
Kreutner, Adam 170
Kreutner, Kevin 245
Krumwiede, Robby 115, 222
Kucera, Lee 262
Kulow, Kristen 88, 132, 133, 222
Kurtz, Mike 66, 67, 68, 222
Kuss, Karen 273
Kusy, Michael 222
Kwast, Jamie 130

## 1

La Flamme, Laura 72, 73, 132, 245 La Flamme, Lisa 69, 245 La Forte, Lisa 35, 245
La Forte, Lisa 222
Lackerman, Greg 115, 245
Lackerman, Stephanie 27, 74, 75, 170
Lacorazza, John 201
Lacorazza, Michael 53, 170, 195, 298
Lafontaine, Jaye 3, 50, 64, 74, 75, 158, 159, Lafontan, Christopher 245 Lagasse, Michael 222 Lambert, Patti 260 Lancaster, Gina 222 Lancaster, Gina 222
Landa, Greg 245
Landa, Regina 50, 64, 170
Landini, Michelle 222
Lane, Catherine 170
Lane, Paul 262
Lange, Martha 245
Langley, Brian 106, 245
Lanting, Mike 245
Lantz, Daylon 170
Lapierre, Louis 222
Lapple, Amy 222
Larson, Angela 245 Larson, Angela 245 Larson, Mandi 170 Larson, Mandi 170
Larson, Nathan 67, 245
Larson, Scott 245
Larson, Steven 222
Larson, Erika 68, 245
Larusso, Lisa 122, 245
Lassalette, James 163, 170
Lau, Kim 128, 222
Laughter, David 130, 222
Lawrence, Steven 85, 110, 222
Lawson, Robert 87, 245
Lawson, Stacey 69, 78, 201
Layton, Cindy 245
Layton, Kenneth 110, 222
Layton, Larry 29, 48, 56, 57, 201
Le Baron, Geoffrey 73, 78, 222
Lederman, Brian 216, 222, 231
Lee, Andy 245
Leek, Robert 245
Lehnus, Gary 201
Lemmon, Joan 61, 170, 203
Lemmon, William 66, 67, 222
Lenhard, Maureen 222
Lenhard, Alfred 245
Leon, Daen 245
Leon, Damon 107, 222 Larson, Nathan 67, 245 Leon, Daen 245 Leon, Damon 107, 222 Leon, Daren 63, 170 Leonard, Debbie 132, 245 Leonard, Debbie 132, 245
Leonard, Elizabeth 171
Leonard, John 245
Leonard, Nicole 103, 132, 220, 222
Leonard, Veronica 222
Lepatner, Sheri 202
Leritz, Scott 107
Leslie, Thomas 112, 223
Leslie, William 112, 113, 245
Leundenburg, Tina 23, 171
Leventhal, Julie 66, 67, 68, 223
Levey, Jonathan 202
Levey, Matthew 130, 223
Levine, Gregory 223 Levey, Matthew 130, 223
Levine, Gregory 223
Levine, Kim 171
Levins, Pat 31, 54, 58, 259, 265
Leviste, Hilda 202
Leviste, Maria 137, 245
Lewellyn, Stacy 245
Lewis, Bobby 66, 67, 68
Lezama, Adrienne 132, 223 Lezama, Adrienne 132, 223 Liddell, Eric 202 Lieser, Joseph 223

Liles, Brian 246
Lin, Chunfang 102
Lin, Helen 246
Linares, Ricardo 50, 223
Linhart, Jill 94, 95, 108, 132, 246
Links, Heidi 242
Linn, Aaron 246
Linn, Brian 50, 138, 171
Linnig, Darlene 269
Lippert, Larry
Lipsey, Andy 246
Lirocchi, Theresa 171
Lite, Scott 59, 180
Lloyd, Nikki 28, 89, 213, 223
Little, Laura 260
Lobo, Kimberly 202
Lockard, Charles 100, 118, 246
Locke, William 112, 246
Loechner, Lisa 202
Lohman, Diane 55, 64, 76, 222, 223
Loman, Deborah 171
Lombardi, Lisa 202
Lombardo, Tiffany 246
Long, Christopher 87, 120, 246
Lonne, Alex 8, 20, 58, 64, 213, 221, 223
Looney, Carol 269
Lotero, Brett 171
Lough, Eric 202
Lovas, Jason 246
Lovejoy, Troy 67, 87, 242
Low, Wayne 202
Lowder, Monet 65, 123, 241, 246
Lowe, Brian 138, 171
Lowe, Rebecca 202
Lucas, Laura 202
Lucy, Eric 58, 70, 93, 171, 174
Lujano, Alex 246
Lujano, Jose 138, 202
Lukes, Reid 97, 171
Lundin, William 41, 223
Lussier, Bryon 246, 249
Lussier, Sandy 202
Luther, Kris 43, 202
Luther, Tricia 246
Lynch, Jason 223

### m

MacDonald, Jamie 3, 50, 64, 136, 137, 149, 172

MacDonald, Scott 115, 223

Macey, Carl 266

Maciborski, Mike 110, 113, 235, 237, 246

Maciborski, Walter 50, 51, 53, 164, 165, 172, 237

Mack, Karen 223, 250

Mackay, Kristen 71, 90, 246

Macko, Alicia 172

Macleod, David 110, 115, 223

Macleod, Kenny 99, 115, 138, 193, 202

Macpherson, Kelley 223

Madera, Jane 137, 198, 200, 202

Magney, Melissa 69, 202

Maiolo, Marianne 223

Maitino, John 53, 261

Maitino, Philip 55, 202

Majorino, Scott 172

Maldonado, Eric 112, 223

Maleman, Geoff 54, 62, 202, 287, 299

Maleman, Michelle 59, 66, 246

Mallannao, Marie 30, 56, 65, 223

Mallard, Jeffrey 246

Mallard, Jennifer 172

Mallard, Kimberly 223

Mallonee, Christian 37, 87, 112, 246

Mallonee, Shaun 158, 172

Malone, Michael 66, 67, 68, 222

Malone, Pamela 68, 246

Mamakos, Laura 202

Manginelli, Denise 172

Maniscalco, Christine 202

Manginelli, Denise 172

Maniscalco, Christine 202

Manginelli, Denise 172

Maniscalco, Christine 202

Manning, Brian 56, 266

Manley, Tom 96, 97, 141, 172

Maranto, Charles 85, 223

Marbery, Angela 137, 202

Marching Band 66

Margarit, Dina 64, 202

Margolis, Stephanie 246

Mariella, Gina 223, 230

Marin, Michael 223

Marine Ecology Club 56 Markas, Danielle 122, 246 Markowski, Jeff 29, 124, 202, 298, 299 Marrs, Keefe 247 Marshal, Patrick 247 Martin, Scott
Martineau, Christopher 202
Martinez, Edmund 264
Martinez, Martha 273
Martino, Chris 202
Martino, Chris 202 Martino, Chris 202
Martino, Katrina 132, 247
Martinck, Stacey 90, 91, 122, 247
Mashburn, David 88, 223
Masher, Manisha 66, 223
Masher, Monica 202
Mason, Scott 202
Math Chris 202 Math Club 62 Mather, Jennifer 220, 223
Mathes, Clinton 202
Mathews, Kurt 68, 88, 135, 245, 247
Mattero, Kristi 222, 223
Maurer, Jennifer 220, 223 Maurer, Joey 223 May, Jennifer 137, 223 May, Jessica 173 May, Linda 273 Mayes, Michelle 247 Maynard, Jenny 132, 223 Maynard, Mike 56, 88, 89, 130, 173 Mays, Jeff 115, 247 Mays, Stephanie 90, 109, 132, 209 Maz, Andrew 202 Max, Elaine 132, 224
Mazola, Sharon 103, 132, 245, 247
Mazza, David 24, 78
Mazzotti, Michael 173
MacAllister, John 173 McAllister, John 173 McBride, Kelvin 66, 67, 244 McAllister, John 173
McBride, Kelvin 66, 67, 244
McCallion, Meghan 246
McCarty, David 124, 127, 202
McCarty, Jennifer 64, 203
McCarty, Kimberly 55, 58, 64, 70, 166, 173
McCaughey, Gregory 138
McCaughey, Julie 287
McClellan, Deborah 59, 122, 224
McConaghy, Kristen 203
McConnell, Christy 65, 246, 256
McCook, Cree 137, 271
McCormack, Lee 224
McCrary, James 204
McCraw, Angela 224
McCraw, Misty 136, 137, 173
McCraw, Tracy 136, 137, 224
McCullough, Scott 98, 228
McCullough, Susan 28, 63, 203
McDaniel, Darren 66, 67, 68, 246
McDougall, Jennifer 246
McDougall, Michelle 203
McElmeel, Kim 108, 224
McElmeel, Toway 24, 246 McElmeel, Kim 108, 224 McElmeel, Tommy 24, 246 McFarland, Bobby 246 McFarland, Trisha 173 McGarry, Laura 56, 173
McGill, Michael 203
McIlwee, Jay 42, 50, 266, 267
McIntosh, Greg 203
Melatura, Depold 139, 224 McIntyre, Donald 139, 224
McIntyre, Kimberly 90, 122, 246
McKeever, Daniel 173
McKelvey, Gary 107
McKelvie, Kevin 79, 85, 106, 224
McKeon, Richard 246
McKissock, Robert 246
McLaughlin, David 87, 246
McLaughlin, Douglas 71, 88, 174
McLaughlin, Steve 85, 224
McLeod, Jennifer 246
McLeod, John 224
McMahon, Patricia 224, 225
McMillen, Shelly 70, 203
McMillen, William 246
McMorran, Krista 59, 71, 247 McIntyre, Donald 139, 224 McMorran, Krista 59, 71, 247 McNeff, Dionne 53, 224 McNerney, Trisha 224 McWain, Kimberly 224 McWain, Mark 253 Meagher, Jennifer 203 Medeiros, Annette 174 Mehta, Nishith 174 Mehta, Nishith 174
Meinhart, Laurie 224
Mendoza, Joel 224
Mendoza, Martha 203, 247
Menzaco, Gina 174
Mercer, Shannon 224
Merritt, Julie 131, 247

Messina, Laura 53, 174 Messina, Laura 33, 174
Messina, Pablo 66, 67, 247
Metzinger, Jill 247
Meyer, Kimberly 224
Meyer, Mary 272
Meyer, Michelle 20, 76, 77, 203, 204 Meyers, Craig 224 Meyers, Patrick 106, 107, 224 Meyers, Patrick 106, 107, 224
Meyers, Susan 68, 247
Mezo, Kelly 123, 224
Milburn, Vanessa 62, 66, 67, 203
Miley, Michelle 203
Miller, Barbara 52, 174, 287, 298
Miller, Danielle 61, 224
Miller, David 110, 203
Miller, Denise 10, 56, 74, 75, 151, 174
Miller, Douglas 247 Miller, Douglas 247 Miller, Jeffery 174 Miller, Kevin 224 Miller, Krista 224 Miller, Sandra 247 Miller, Tammy 203 Miller, Tom 274 Mills, Laura 247 Mills, Richmond 224 Mills, Richmond 224
Miner, Steve 87, 247
Mitchell, Gretchen 90, 122, 123, 224
Mitchell, Kellie 64, 79, 174
Mitchell, Sondra 95, 140, 174
Mitchell, Stacy 90, 203
Mock, Trial 53
Model United Nations 57
Modiri, Lisa 175
Moftakhar, Shay 53, 57, 62, 203 Moftakhar, Shay 53, 57, 62, 203 Moh, Andrew 175, 284 Moh, Emilie 109, 224, 239 Mohamed, Kelly 60 Mohit, Habib 41, 62, 263 Mohit, Habib 41, 62, 263
Mokfi, Shaya 104, 175
Monastra, Michael 247
Moncrief, Tracey 50, 224
Moncur, Susan 71, 132, 247
Monson, Kip 51, 82, 203
Montebello, Michelle 66, 67, 203
Montero, Mario 92, 93, 127, 224, 253
Montes, Michael 115, 247
Montes, Steven 99, 203
Montgomery, Todd 51, 82, 79, 175
Mooney, David 48, 203 Mooney, David 48, 203 Moore, Bob 269 Moore, David 88, 118, 224 Moore, Delina 74,75, 175 Moore, Kerry 72, 175 Moore, Rhonda 247 Moore, Scott 88, 130, 247 Moore, Scott 88, 130, 247
Moore, Shaun 105, 106, 115, 224
Morales, Gregory 107, 247
More, Trina 122, 224
Moreno, Paul 247
Moreno, Victoria 204
Morgan, Robert 54, 66, 67, 175
Morse, Ryan 88, 130, 204
Mortenson, Delbert 204 Mortenson, Delbert 204 Moss, Amee 248 Moss, Jessica 224 Moss, Kimberlee 23, 175 Mount, Thomas 224 Moya, Priscilla 204 Muce, Antonella 53, 175

Muce, Nicky 101, 224

Mueller, Betsy 55, 268, 269

Mulhaupt, Kristine 53, 94, 95, 109, 204, 211

Mulleyman, Conthin 248 Mullowney, Cynthia 248 Mullowney, Michelle 248 Mulloy, Denise 248 Murad, Eva 23, 204 Murad, Eva 23, 204
Muradian, Christine 3, 20, 21, 58, 64, 65, 149, 161, 163, 175, 188, 195
Murillo, Lisa 65, 214, 224
Murillo, Sara 65, 68, 122, 248
Murphy, Jesse 202, 204
Murphy, Kelly 103, 132, 224, 245
Myers, Carla 66, 69, 204, 250
Myers, David 130, 131, 155, 175
Myers, Elizabeth 248
Myers, Kimberly 224

n

Naffa, Jenine 248 Naffziger, Judith 71, 175

Nagel, Christopher 248 Nagel, Nicole 248 Nagel, David 204, 211 Nahas, Laura 248 Naidu, Sailaja 175 Najar, Alexandra 204 Najm, Leila 53, 62, 204 Najm, Muna 59, 55, 175 Najm, Rima 204 Naken, Ronald 60, 248
Nance, David 88, 107, 248
Nance, Karen 40, 88, 108, 132, 204
Naughton, Julie 50, 62, 88, 224
Naughton, Michael 248 Navarro, Jaime 225 Naves, Christopher 248 Nayler, Brian 104, 130, 2 Naziri, Nielo 175 Nealy, Bob 50, 265 Neeley, Lori 248 Neeley, Lori 248
Negrey, Stephanie 248
Nelson, Carl 115, 204
Nelson, Sean 22, 175
Nethers, Dirk 87, 112, 130, 248
Neville, Jennifer 56, 204
Newbury, Sara 196, 204
Newhouser, Robert 225
Newlan, Paul 28 Newhouser, Robert 225 Newlan, Paul 28 Newlin, Christian 204, 227 Ngoy, Chet 104, 204 Ngoy, Savy 132, 248 Nguyen, Caroline 53, 88, 248 Nguyen, Hao 225 Nguyen, Long 225 Nguyen, Steve 248 Nguyen, Trang 225 Nibarger, Michael 176 Nibarger, Shannyn 248 Nibarger, Shannyn 248
Niblo, Becket 176
Niccola, Lisa 207, 225
Niccola, Shannon 68, 176
Nicholas, Sean 225
Nicotera, Angelo 204
Nielson, Steve 88, 248
Nietzke, Heather 16, 65, 69, 204
Nill, Robert 176
Noel, Katy 64, 74, 75, 77, 176
Noftsger, Todd 107, 225
Nolen, Kenneth 130, 225
Norden, Diane 225 Norden, Diane 225 Norden, Glenn 204 Norden, Glenn 204
Nordman, Shawna 225, 228
Norman, Sherry 204
Norrell, Timothy 204
Norris, Sean 104, 105, 176
Norris, Todd 104, 204
Novack, Matthew 225
Novack, Stephen 176
Nutting, Jesse 225 Nutting, Jesse 225

0

O'Baugh, Coral 225
O'Brien, Corey 74, 176
O'Brien, Curt 139, 176
O'Connor, Michael 110, 225
O'Donnell, Jeffery 176
O'Reilly, Sean 225
O'Reilly, Shane 225
Ober, Lana 225
Obst, Shane 248
Ohman, Kathleen 248
Ohman, Kristin 204
Oleary, Kerin 74, 76, 155, 177
Olinger, Lynn 66, 269
Olivares, Ginger 225
Olsen, Melissa 167, 177
Olson, Brian 248
Olson, Jayson 248
Olson, Jayson 248
Olson, Keith 101, 225, 228
Olson, Keith 101, 225, 228
Olson, Lawnee 95, 204
Orcutt, Bruce 56, 70, 79, 92, 177
Oreskovich, Peter 138, 225
Orlando, Christopher 115, 248
Orlando, Michael 64, 177
Orozco, Damian 127, 204
Orozco, Patricia 56, 64, 69, 177
Ortiz, Cecilia 128
Ortiz, Sergio 86, 110, 111, 138, 204
Orton, Brad 248
Orton, Brian 85, 115, 225

Orton, Gregory 87, 115 Osborn, Sean 248 Osorio, Amalia 204 Orsorio, Mauricio 177 Osuna, Barbara 272 Owens, Craig 27, 50, 110, 177

p

P.A.L. 56 Padin, Catherine 177 Page, Cassie 65, 225 Page, William 130, 204 Page, William 130, 204
Pahk, Shelly 123, 154, 177
Painton, Craig 112, 248
Palmer, Shawn 248
Panici, Ray 60, 82, 267
Pao, Chi-Ryan 66, 225, 232
Pao, Roger 204
Page 137, 17 Paquin, Suzanne 56, 137, 177 Paradis, Brian 248 Paradzick, Curtis 139, 204 Park, Shelly 154 Park, Terry 112, 225 Parker, Brent 82, 118, 194 Parker, Brentley 101, 225 Parker, Jim 92, 178 Parker, Tracy 178 Parkhurst, Lisa 204 Parks, Krista 65, 225 Parsons, Dana 204 Parsons, Thomas 204 Patel, Kaushik 205 Patterson, Christina 178 Patterson, Kirk 248 Patterson, Stacy 56, 205 Patton, Andrea 68, 90, 122, 248 Patton, Eric 82, 261, 270 Paulicivic, Lisa Paw Prints Staff 52 Paxton, Eric 107, 115, 248 Payette, Edward 110, 178 Payette, Michelle 225
Peabody, Brooke 64, 178
Peabody, Stacy 248
Pearsall, Lara 56, 178
Pearsall, Tonya 76, 217, 225 Pedersen, Laura 225 Pedrick, Kevin Peet, Harlan 267 Pekar, Kimberly 249 Peloza, John 100, 267 Pena, Tonya Pep Club64 Pep Squad 76 Pereida, Claudio 249 Pereida, Claudio 249
Perez, Mark 112, 249
Perez, Miguel 130, 205
Perez, Pax 112, 242, 249
Perez, Richard 178
Perlas, Catherine 68, 77, 178, 298
Perlas, Edwin 87, 249
Perron, Renee 226
Perry, Bob 269
Peters, Kristi 226
Peters, Marc 226 Peters, Marc 226 Petersen, Karen 56, 271 Petersen, Wesley 205 Peterson, Deborah 204, 205 Peterson, Erik 226 Peterson, John 85, 226 Peterson, John 85, 226
Peterson, Kristin 56, 193, 205
Peterson, Laura 61
Peterson, Thomas 226
Petit, Angela 226
Petrick, Mark 178
Petricka Kovin 88, 110, 111 Petrisko, Kevin 88, 110, 111, 226 Pflueger, Paul 265 Phelan, Kathleen 62, 219, 226 Phillips, Jennifer 226 Phillips, Michael 112, 249 Phillips, Todd 138 Phillips, Todd 138
Pickslay, Christopher 226
Pierce, Mike 226
Pierce, Paul 85, 226
Pietarila, David 25, 125, 198, 205
Pietrantoni, Deanna 269
Pilafas, Laura 205
Pilager, Scott 118, 226 Pilger, Scott 118, 226 Pilie, Beth 205 Pinon, Jessica 226

Piraino, Jeff 78, 82, 104, 205 Pitt, Victoria 66, 7, 249 Plague, Geoffrey 226 Plague, Gordon 249 Platt, Robby 249 Platt, Robby 249
Platt, Suzanne 132, 178
Plewe, Todd 87, 100, 248
Pluemacher, Jan 56, 267
Poltl, Steven 130, 226
Poltzien, Kai 51, 82, 205
Poon, Edward 52, 53, 54, 55, 56, 57, 58, 62, 64, 205, 287 Pospisil, Robert 79, 82, 178 Potter, Cary 205 Powell, Angela 88, 132, 133, 249 Powell, Michael 205 Powell, Raelyn 64 Powell, Raelyn 64
Powers, Lori 248
Prado, Jess 249
Pranata, Mira 226
Pranta, Cintya 249
Pratt, Kelley 205
Pratt, Robert 107, 120, 249, 255
Pratt, Tim 92, 130
Pratt Tracey 178 Pratt, Tracey 178 Pressley, Pamela 58, 90, 91, 141, 193, 205 Price, Stefanie 13, 249 Priebe, Angela 61, 178 Prinzing, Dwayne 226 Pritts, David 51, 82, 149, 173, 178 Pritts, Paul 226 Proffitt, Eric 110 Propeck, Lisa 249 Propeck, Lisa 249
Props, Michael 101, 139, 226
Prufer, Linda 205
Prutz, Jennifer 205
Prutz, Susie 76, 226
Pucci, Kari 94, 95, 123, 249
Puente, Juan 205
Pulliam Carel 274 Pulliam, Carol 274 Pulver, Tim 179, 284

q

Quaranta, Brad 179 Quaranta, Michael 135, 249 Quigley, Allison 226 Quinn, Todd 226 Quintana, Cristina 32, 179

r

R.O.P. 63
Rabe, Inge 71, 249
Rafeedie, Teresa 29, 53, 227, 229
Rafferty, Eron 179
Rahn, Kenton 90, 249
Rahn, Michele 179
Raiola, Arianna 44, 179
Raiola, Stefania 57, 64, 90, 179
Ramirez, Alexander 227
Ramirez, Elizabeth 68, 249
Ramos, Christina 128
Ramsey, Rachel 59, 227
Randall, Lou 82, 84, 263
Randall, Timothy 22, 179, 205
Rashidi-Fard, Shaghayegh 205
Rathke, John 107, 249
Rathke, Stephanie 66, 67, 205
Rausch, Lara 205
Rausch, Melissa 61, 249, 254
Ray, Natalie 69, 74, 227
Razee, Sean 53, 57, 115, 218, 227
Rebeck, Craig 85, 130, 227
Rebel, Riki 59, 249
Reddel, Johnny 87, 249
Reed, Eric 249
Reed, Shawn 96, 97, 115, 205
Reed, Timothy 49, 66, 67, 68, 179
Reese, Dahna 150, 179
Reese, Susan 274
Reeves, Brian 139, 249
Reeves, Darin 205
Reid, Jon 205
Reinhardt, Brandi 205
Reinhardt, Brandi 205
Reinhart, David 6, 170, 179, 284, 298, 299
Reinitz, Patricia 137, 227

Remmell, Susanna 71, 249 Respicio, Corilyn 249 Rexinger, Gary 249 Reyburne, Davie 84, 85, 130, 227 Reyes, Cheryl 132, 205 Reynolds, Mark 227 Rhodes, Douglas 227 Rhone, Edward 227 Rice, John 227 Rice, Karen 180 Rice, Karen 180
Rice, Stacey 53, 62, 227
Richards, Timothy 99, 116
Richardson, Julie 249
Riddet, Stephanie 205
Ridill, Deena 206
Riedl, Kurt 115, 216, 227 Riegling, Vanessa 55, 64, 180 Riemland, Yvonne 227 Riggs, Dean 139 Riley, Collin 88, 250 Riley, Damien 88, 227 Ritenour, Kristine 180 Ritenour, Shelly 227 Ritenour, Shelly 227
Ritti, Tony 180
Robb, Jennifer 50, 206
Roberts, Brendan 134, 135, 250
Roberts, Brian 112, 250
Roberts, Jeff 110, 112, 267
Roberts, Kelly 227
Roberts, Keyin 135, 227 Roberts, Kevin 135, 227 Roberts, Shari 206 Robinson, Lisa 227 Robinson, Robert 87, 250 Rocke, Jewel 261 Rodriguez, Eva 53, 58, 59, 66, 67, 76, 180, 210 Rodriguez, Marcia 16, 59, 65, 69, 201, 206, Rodriguez, Raymond 87, 250
Rodriguez, Ricky 250
Rodriguez, Tiffany 250
Rodriguez, Todd 82, 130, 206
Rogers, Bobby 250
Rogers, Gwen 227
Rogers, Matt 206
Rogers Megan 180, 187 Rogers, Megan 180, 187 Rogers, Rebecca 68 Rohloff, Brett 227 Rolando, Karen 180 Rolfe, Bill 271 Rolfe, Donald 87 Rolfe, Donald 87
Romano, Anthony 206
Romano, Ruben 79, 107, 227
Romero, Jeffrey 227
Romero, Teresa 122, 227
Romine, Stuart 64, 97, 180
Romine, Ted 101, 227 Roostee, Larissa 109, 132, 227 Roper, Rebecca 132, 227 Rosa, Douglas 130, 227 Rosales, Arcelia 228 Rosales, Estela 181 Rosales, Joseph 87, 250 Rosales, Lynette 181 Rose, Andy 206 Rose, Lisa 206 Rose, Scott 57, 206 Rose Float Builders 59 Ross, Ronda 65 Ross, Ronda 65
Rossini, Joseph 84, 85, 228
Rostoker, Sue 206
Roth, Vicki 50, 250
Rudolph, Todd 250
Rudolph, Troy 50, 181
Ruffell, David 82, 206
Ruiz, Abbi 181
Ruiz, Maria 206
Runge Lisa 65, 250 Runge, Lisa 65, 250 Runge, Steve 101, 139, 227 Ruppert, Sean 250 Rush, Dirk 206 Rush, Keri 250 Russell, Elizabeth 228 Russell, Julie 64, 181 Russell, Roger 250 Russillo, Gary 107, 135, 250 Russo, Shannon 181 Rutherford, Scott 92, 127, 250 Ryan, Amelia 69, 76, 206 Ryan, Anne 274 Ryan, Denise 228 Ryan, Michele 195, 206 Ryan, Mike 228 Ryan, Robert 30, 54, 149, 181, 183

Saba, Khaled 206 Sabin, Christopher 228 Sadey, Lynn 102, 206 Sahdala, Sarah 68, 146, 228 Salas, Cindy 250 Salbato, Tracey 228 Samano, Gerardo 206 Sammons, Bill 64, 181 Sammons, Laura 77, 204, 206 Samuelson, Cherie 65, 71, 250 Samuelson, Craig 106, 206 Sanchez, Desiree 228 Sanchez, Richard 228 Sanderson, Traci 206 Sanderud, Inger 95, 228 Saphiloff, Jon 206 Saporito, Steven 56, 92, 127, 227
Sapp, Bradley 206
Sargent, Michelle 228
Sassi, Joseph 66, 67, 251, 250 Savas, Terence 138, 181 Sawyer, Cindy 20, 36, 58, 64, 77, 168, 181 Sayles, Ken 57, 265 Scelsa, Cynthia 182 Schiebert, Jennifer 250 Schiebert, Jennifer 250
Scaffidi, Roy 72, 73
Schirmer, Brian 250
Schluntz, Julie 207
Schmidt, Hilary 103, 228
Schmidt, Robin 53, 1820
Schmidt, Sherry 122, 123, 206
Schmidt, William 228
Schmidt, William 250
Schmitt, Jennifer 122, 228 Schmitt, Jennifer 122, 228
Schmitz, Robbie 135, 271
Schoeny, Donald 82, 206
Schoeny, Heather 102, 103, 132, 250
Schofield, Brent 107, 250 Schofield, Julie 206 Scholten, Kristi 132, 250 Schooley, Jennifer 250 Schrock, Jeff 182 Schrock, Marlin 228 Schumacher, Craig 250 Schwing, Eric 194, 206 Schwing, Lisa 170, 182 Schy, Robert 106, 228 Scirica, Dawn 228 Scott, Louis 250 Scott, Marixa 103, 250 Seapy, Laura 228 Seapy, Rob 182 Sears, Shannon 206 Sedgwick, Cathy 20, 21, 59, 64, 70, 76, 79, Sedgwick, Cathy 20, 21, 59, 64, 76, 76, 182, 188, 189
Sedgwick, Shaun 85, 228
Sedoff, Marilynn 275
Segee, Brian 250
Seibert, Deborah 250, 254
Sekeris, Kris 132, 228, 298
Selznick, Matthew 50, 52, 73, 182, 287
Seminason, Todd 228 Semingson, Todd 228 Senior, Robbie 56, 206 Senkbeil, Eric 206 Sepehri, Sepideh 206 Serles-James Mary 261 Servas, Michael 135, 182 Settle, Danny 229 Seymour, Stacy 72, 73, 76, 206 Shabro, Steven 135, 229 Shafer, Shannon 206 Shaffer, Alison 61, 65, 71, 251 Shaffi, Negeen 250 Shah, Raju 53, 60, 206 Shahravesh, Barkley 178, 182 Shajari, Mariam 183 Shannon, Margaret 207 Shanton, Julie 228 Sharp, Jason 88, 251 Sharp, Jason 88, 251 Shaughnessey, Debra 228 Shaver, Neal 50, 51, 104, 115, 183 Shaver, Steve 92, 115, 228 Shaw, Nisha 74, 207 Shean, Julie 227, 228 Shean, Michael 88, 251, 253 Sheehan, Robert 10, 19, 207 Shenasi, Roshan 53, 62, 132, 207 Shenasi, Roshan 53, 62, 132, 207 Shepler, John 60 Sherman, Alison 228

Sherman, Bruce 228 Sherman, Raquel 64, 69, 183 Sherman, Rocky 130, 228 Sherrer, Elizabeth 64, 207 Sherrer, Teddi 90, 251 Shetland, Robert 66, 67, 68, 251 Shin, Corinne 65, 251 Shipps, Jerry 228 Shoemaker, Kimberly 66, 251 Shoemaker, Shannon 67, 70, 183 Shomaker, Joel 66, 67, 251 Shreve, Tracey 28, 69, 207 Shultz, James 228 Shutterbug Club 50 Sianez, Timothy 66, 67, 251 Sibbrel, Jennifer 64, 78, 207 Sibbre, Jennifer 64, 78, 207 Sibbs, Christy 228 Sibley, Laura 251 Siler, Mark 82, 207 Siler, Michelle Leigh 228, 231 Sim, Jimmy 251 Sim, Lulu 55, 62, 207 Simington, Brian 88, 130, 183 Simonin, Scott 183 Simpson, Julie 52, 55, 64, 74, 78, 199, 200, 207, 287 Singh, Marlene 263 Sivak, David 228 Sivak, Emery 207 Sivak, Bob 25, 52, 53, 57, 166, 287 Size, Karin 199, 207 Ski Team 139 Skinner, Melissa 128, 228 Skupien, Shannon 95, 107 Slaughter, Jennifer 207 Sliheet, Adela 251 Sloan, Charles 228 Sloman, Tracy 61, 183 Sloot, Wendy 207 Smith, Audra 90, 251 Smith, Christian 251 Smith, Dallon 50, 183 Smith, Darrin 229 Smith, Douglas 251 Smith, Georgette 264, 265 Smith, Elaine 13, 65, 68, 251 Smith, Karl 10, 101, 115, 229 Smith, Katheryn 183, 207 Smith, Keith 92, 251 Smith, Kevin 229 Smith, Kevin 66, 67, 251 Smith, Mark 251 Smith, Michael 33, 229 Smith, Stacey 235, 241, 251 Smith, Tanya 251 Smith, Valerie 65, 68, 229 Smith, Veronica 207 Smith, Veronica 207
Snodgrass, Wendy 207
Snyder, Brett 101, 118, 229
Snyder, Collette 108, 229
Soares, Rochelle 183
Soares, Cindy
Soccer Boys' Varsity 104
Soccer Frosh/Soph 106
Soccer Girls' 108
Soccorso, Diana 71, 251 Soccorso, Diana 71, 251 Softball Girls' 123 Sokol, Karina 251 Sommers, Christina 228 Sommer, Michell 251 Sonoga, Shawn 251 Sorrentino, Mark 104, 202, 207 Soto, Gina 61, 251 Sotter, John 92, 120, 251 Southworth, Katherine 252 Southworth, Stephanie 56, 207 Souza, Gregory 228 Sovern, Douglas 23, 207 Sovronec, Yannick 56, 208, 222 Sowa, Michael 183 Spaulding, Cany 252 Spear, Michael 252 Spear, Michael 252
Sponagle, Jay 38, 92, 249, 267
Spongberg, Lynne 64, 76, 162, 168, 183
Sprain, Christina 10, 39, 66, 68, 125, 241, 252
Springer, James 87, 252
Springer, Laurie 208
Sprinkle, Carolyn 183
Sprinkle, Steven 228
Sprogis, Kimberly 195, 229
Sprouse, Ronald 17, 54, 70, 92, 126, 127, 129, 143, 183, 185 143, 183, 185 Stafford, Jill 16, 57, 65, 67, 228 Staller, Jill 229

Stapleton, Kristian 229 Stark, Keith 229, 252 Stark, Randy 86, 100, 118, 252 Stark, Scott 97, 116, 208 Stark, Wendy 183 Staufer, Randy 229 Stead, Sherry 202 Stearn, Cindy 252 Steinhauer, Elizabeth 184 Steinke, Kari 230 Steinriede, Bill 138, 139, 271 Stephens, David 230 Stephens, Jackie 132, 252 Stephenson, Brandon 130 Stepien, Geoff 138 Stetter, Mike 56 Stevenson, Michael 252 Stewart, Michelle 74, 184 Stewart, Robert 139, 252 Stifter, Michael 100 Stifter, Scott 50, 60, 120, 230 Stoddard, Terry 127, 128, 270, 271 Stoffel, Michelle 230 Stoker, Scott 82, 99, 208 Stone, Christopher 208 Stoney, Eric 252 Stratton, Patti 163 Stratton, Sharon 163 Strauss, Deborah 65, 252 Streger, Jeffrey 184 Streger, Rona 252 Streger, Steve 230 Stremel, Kurt 106, 230 Stremel, Lisa 184 Strempek, Jennifer 252 Strickland, Reyth 69, 230 String, Orchestra 68 String, Orchestra 68
Stringer, Tom 267
Stuart, Sivi 28, 69, 184
Stuback, Alicia 230
Stubbler, Amy 76, 208
Stuetz, Karen 132, 213, 230
Stufft, Thomas 230
Suba, Antoniette 252
Sund, Maya 66, 67, 230
Swain, Julie 102, 122, 252
Swanberg, Jenny 230 Swanberg, Jenny 230 Swanberg, Stephanie 239, 252 Swanson, Scott 104, 184, 187 Swift, Joseph 22, 184 Swimming, Boys' 126 Swimming, Girls' 129



Talebi, Nelly 53, 56, 57, 62, 208 Taft, Scott 208 Tanaka, Hiroe 65, 208 Tangdit, Christina 61, 236 Tanner, Stacie 208, 252 Tapestry 69 Tapia, Francisca 208 Tarquinio, Garry 107, 252 Tassistro, Evan 41, 208 Tatarzycki, Brad 252
Tawil, Ramsey 106, 252
Tayler, Michele 70, 76, 222, 226, 230, 232
Taylor, Bryan 208
Taylor, Learnigh 92, 93, 230 Taylor, Jeremiah 92, 93, 230 Taylor, Steven 55, 208 Teer, Sean 112 Teichner, Leah 55, 56, 64, 184 Tennis, Boys' 134 Tennis, Girls' 94 Tennis, Girls' 94
Thibedeau, David 208
Thomas, John 252
Thomas, Perry 120, 252
Thomas, Richard 87, 120, 252
Thomas, Stacie 203, 208
Thomas, Steve 55, 88, 130, 236
Thomason, Jeff 125, 127, 184, 252
Thomason, Thomas 130, 230
Thompson, Jennifer 66, 67, 249, 256 Thompson, Jennifer 66, 67, 249, 252 Thompson, Scott 208 Thompson, Wendy 230 Thornton, Jeff 104, 184 Thornton, John 230 Thornton, Mark 97, 265 Thorpe, Thomas 92, 252 Thurlow, Brett 135, 252 Tillman, Leah 184

Tillman, Michelle 86, 252 Tipton, Erik 208 Tomczik, Thomas 112, 230 Tondo, Paul 230 Toney, Jason 50, 104, 185, 237 Torres, Daphmaire 230 Townsend, Kristin 3, 24, 58, 64, 162, 169, 185 Track, Boys' 130 Track, Girls' 132 Trammell, Darbi 65, 67, 252 Trask, Jason 97, 208 Travers, Todd 208 Travisano, Michelle 65, 252 Treptow, Linda 55, 64, 76, 208

Treptow, Linda 55, 64, 76.
Trevett, Mark 208
Trevour, Suzanne 69, 230
Triscari, Sabrina 185
Trotta, Carolyn 56, 208
Trotta, Patricia 230
Tucker, Erran 230
Tucker, Beth 185
Tudor, Robert 230
Tuinenburg, Rick 252
Tullar, Steven 64, 82, 104 Tullar, Steven 64, 82, 104, 208 Tunnell, Jennifer 253 Turf, Julie 253 Turi, Grace 208 Turi, Grace 208
Turi, Rosa 103, 122
Turner, Sandra 108, 185
Turner, Wayne 185
Turton, Deborah 185
Turton, Deborah 185
Tutak, Jeff 253
Tuttobene, Joseph 87, 112
Tuzzolino, Jennifer 230
Tyler, Holly 208
Tyler, James 85, 229, 230

Tyler, James 85, 229, 230

u

Umbreit, Eric 208 Underwood, Amy 62, 213, 219, 230 Unrien, Kimberly 132 Urban, Daniel 185 Urbani, Michael 208 Uribe, Annelis 253 Uribe, Luis 208 Urmanita, Theresa 253 Uso Madrid 82, 185

Valentine, Josephine 185 Valentine, Tami 253 Valo, Shara 253 Van Horne, Gena 230 Vandergeest, Heather 253 Vandermeulen, Wendy 230 Vandorn, Darryl 130, 208 Vargo, Karen 102, 230 Vasquez, Kim 208 Vaughan, Brad 57, 107, 115, 230 Vaughan, Brad 57, 107, 115, 230 Vaughan, Tiffany 50, 64, 74, 186 Vavrinec, Tim 106, 208 Veeh, Gay 61, 271 Venanzi, Marco 208 Verwayne, Christa 137, 230 Verwayne, Lisa 65, 186 Vickery, John 66, 208 Vickstrom, Renee 253 Victor, Richard 261 Victor, Richard 261 Vidyarthi, Piush 135, 253 Viggiano, David 88, 130, 253 Vigil, Angel 186 Vigil, Angel 186
Vigil, Scot 28, 51, 64, 104, 186
Viner, Tamra 186
Virgin, Kenneth 111, 186
Vizcarra, Lisa 27, 186
Vizcarra, Sabrina 253
Vo, Thuan 53, 230
Vogado, Julie 186
Vojdani, Aron 186 Vojdani, Aron 186 Volkman, Angle 132, 253 Volkman, Anna 227, 230 Volleyball, Boys' 114 Volleyball, Girls' 80 Vollmer, Chris 85, 130, 230 Vollmer, Mike 186

Vollmer, Rex 87, 110, 250, 253 Volz, Dawn 61, 186 Vora, Prema 53, 65, 208 Vora, Pritish 230

Wachal, Wendie 50, 55, 64, 74, 199, 208 Waddell, Daniel 253 Wagner, David 53, 54, 157, 158, 186, 284 Wagner, Larry 115, 230 Wagner, Richard 185 Wagnon, Jill 209 Wagnon, Jill 209
Wahlquist, Michael 70, 209
Wahlquist, Rebecca 66, 67, 68, 230
Waibel, Daniel 209
Waibel, Michael 97, 106, 230
Walcavich, Scott 135
Walczewski, Daniel 66, 67, 68, 147, 209
Walen, Heather 253
Walker, Jill 231 Walker, Jill 231 Walker, Shelley 186 Wallin, John 263 Wallner, Dawn 102, 231
Waln, Eric 56, 209
Walsh, Brian 110, 187
Walsh, James 258, 274
Walsh, Jennifer 253
Wan, Jennifer 253
Wardingley, Tina 187
Ware, Melanie 66, 253
Ware, Michelle 66, 67, 209
Warnes, Michael 209
Water Polo 92
Waterman, Todd 187
Waters, Kelli 187
Watkins, Alison 90, 253 Wallner, Dawn 102, 231 Watkins, Alison 90, 253 Watson, D.L. 66, 67, 68, 71, 231 Watson, Leslie 59, 66, 67, 253 Watson, Randall 187 Watson, Randall 187
Wawryk, Terry 253
Webb, George 187
Webber, Brian 66, 67
Weber, Heidi 187
Webster, Lindy 231
Webster, Tonia 253
Weeks, Tiffany 122, 231
Wehrli, Jon 137, 187
Wei, Yu-Ching 231
Wei, Yu-Jen 63, 209
Weidner, David 12, 107. Weidner, David 12, 107, 254 Weight Lifters 51 Weight Lifters 51
Weiler, Corina 132, 133, 254, 257
Welch, John 254
Welch, Michael 127, 231
Welch, Tammy 209
Welch, Tiffany 137, 254
Wells, Wendy 73, 254
Wemple, Shayne 209
Wend, Christopher 85, 120, 254
Wend, Paul 99, 209
Wendehost, Erik 135, 231
Wendt, Linda 274 Wendt, Linda 274 Werkmeister, Jeff 16, 56, 79, 92, 93, 127, 187 West, Gordon 254 West, Michael 85, 209 West, Mike 130, 231 West, Mike 130, 231
West, Randy 231
Wey, Kimberly 66, 68, 231
White, Brien 231
White, Craig 79, 231
White, Kurt 254
White, Timothy 101, 115, 231
White Tow 44, 88, 265 White, Tom 44, 88, 265 Whiteley, Dalene 231 Wickersham, John 88, 254 Wickert, Adam 187 Wienker, Stephen 41, 209 Wienker, Stephen 41, 209
Wilczek, Aaron 254
Wilder, Dagmar 122
Wilder, Kelly 122, 254
Wiley, Geoffrey 231
Wilks, James 66, 130, 231
Will, Billy 115
Will, Stephanie 50, 254
Willes, Elizabeth 205, 209
Williams, Audrey 69, 231
Williams, Collette 254
Williams, Craig 23, 209 Williams, Craig 23, 209 Williams, Kim 231

Williams, Steve 57, 79, 127, 139, 209

Willett, Sue 261 Willms, Ron 104, 106, 261 Wilner, Carl 231 Wilner, Michelle 50, 188 Wilson, Constance 66, 67, 68, 188
Wilson, John 60, 85, 110, 231
Wilson, Philippe 188
Wilson, Savoy 254
Wilson, Stricia 209
Wilt, Pete 40, 263
Winding, Henrik 231
Winn, Janet 254 Winn, Janet 254 Winn, Karen 52, 267, 287, 298, 299 Winslow, Grant 56, 130, 131, 188, 284, 298 Wise, Tara 188 Wise, Nicole 254 Wisson, Jonathan 135, 209 Wnuk, Brad 231 Wojciechowski, Tracy 74, 209 Wolosz, Mark 218 Wolynetz, Jennifer 56, 95, 209 Wombles, Larry 209 Wong, Lisa 188 Wong, Michelle 254 Wongso, Edy 85, 168 Wood, Bradley 209 Wood, Staci 188 Wooldridge, Damian 248, 254 Wooldridge, Natalie 43, 52, 188, 287 Word, Vanessa 254 Worley, Belinda 254 Wortman, John 231 Wortman, Robert 189 Wozab, Michael 231 Wrestling, Varsity 110 Wright, Dee 64, 274 Wrightstone, Terri 61, 254

Yang, Helen 254 Yoha, Amanda 55, 56, 209 Yohn, Chris 207, 209 Young, Allison 72 Young, Brian 189 Young, Jacqueline 123, 209 Young, Laura 209 Young, Lisa 189 Young, Melissa 254 Yslas, Fred 82, 116, 189 Yslas, Yvette 231

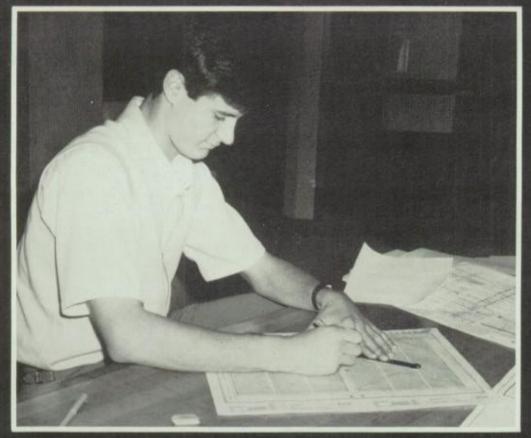
Z

Zallar, Sue 271 Zamora, Bob 116, 269 Zaradnik, Cathy 29, 231 Zaret, Jeff 17, 58, 59, 64, 172, 189 Zaret, Michael 88, 255 Zehner, Juliette 255 Ziemann, Dan 88 Ziemann, Kelly 231 Zimmerman, Darin 130, 131, 147, 158, 189, Zimmerman, Eric 92, 231 Zimmerman, Kathleen 108, 209 Zimmerman, Michael 255 Ziner, Jennifer 255 Zinn, Merdith 255 Zinn, Merdith 255 Zlaket, Carrie 189 Zlaket, Stephanie 255 Zodnik, Karin 61, 189 Zoerhof, Troy 231 Zolna, Nichole 231 Zolna, Renee 65, 255

# 1985 el gato yearbook staff



1984-85 El Gato yearbook staff front: Jeff Markowski, Mary Boyd, Kris Sekeris, Mike Lacorazza, Catherine Perlas, Sylvia Evans. Middle: Bruce Boerio, Co-editor Dave Reinhart, Barbie Miller, Co-Editor Gay Heinaman. Back: Geoff Carter, Grant Winslow, Advisor Karen Winn. (Not pictured: Troy Chollar, Geoff Maleman)



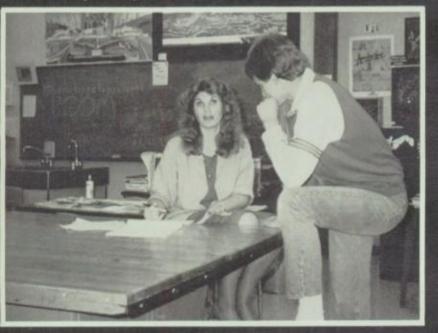
Mike Lacorazza sketches out a rough layout for the Academic section of the yearbook.



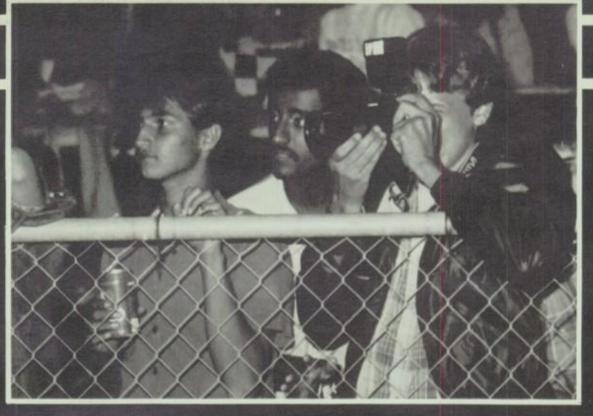
Temporary visitors, Mo and Jo the hamsters keep Mary Boyd company during one of many late-night work sessions.



Editor Dave Reinhart explains to Geoff Carter what sections are due in the upcoming deadline.



Advisor Karen Winn covers the finer points of copy proofing with Jeff Markowski.



Photographer Jeff Markowski focuses in on the action at a Cougar football game.



Intently working, (an unusual task for him!) Geoff Maleman sorts out the pictures for the sports section.

### And Now, in Closing, a Few Words from Our Editors...

 ${f Y}$  es, we actually finished the book after all the late, long hours which even included weekends and holidays Sometimes I really wondered if we would make it to the deadline on time, but somehow or another we always squeaked by. It couldn't have been done without the devotion of time and hard work of the staff. This year's staff was really great and had a lot of fresh new ideas. A great thanks goes to Co-Editor Dave Reinhart for all his work, creative ideas, and keeping on top of things in class. A very special thanks goes to Karen Winn for being such a great advisor, putting up with our (b.s.) and sometimes lacidazical efforts, and for the tremendous amount of work she puts into the book to make sure everything is right and complete. Also to her hubby Marshall for being so understanding and putting up with her late, long hours and hard work

Then there's Creative Images and Dave Anderson, and our Josten's Rep. Steve Wagner, who made the yearbook come to life. I hope the 1985 El Gato brings you a true nostalgic representation of the year at Capo

the friends, the good and bad times, the late nights of homework, the football games, and other memories. I hope everyone enjoys the 84-85 edition of the El Gato as much as we enjoyed designing and putting it together.

- Gay Heinaman, Co-editor

The 1985 El Gato promises to be the best year-book that Capo has ever had." Every year we try to stick to a basic premise, or theme, when creating a yearbook This year's theme is something that can be seen in most every Capo student and faculty member: PRIDE! Pride in the things we do and the things that we have.

As you leaf through these pages on some lone and silent night a hundred years from now, we hope you will remember the pride that Capo instilled in you and all your friends. The fond memories of football games on Friday nights, pep rallies in the mall, the morning announcements that nobody could hear because everyone was telling everone else to be quiet, doing homework the period before it's due, and we can't forget the times we were "tardy" to class. It's a once-in a lifetime encounter.

In this year's El Gato we tried harder than ever to capture these memories and give everyone something they can be proud to dust off and show their kids years down the road. I hope we have done just that. However, this yearbook wouldn't be worth the paper it's printed on if it wasn't for the help we received throughout the year. We would like to thank Dave and Pam Anderson from Creative Images for their outstanding work with the senior portraits and extensive photographic work all year, and Steve Wagner from Josten's for his earnest and valued advise this year. We would also like to thank David Pietarila for his help with photography, proofing, assistance with errands, and for

being "the best aide Mrs. Winn ever had," and Sean Nelson for his wrestling photography. Thanks Sean! We would like to thank all of those great guys in "THE ELITE" for their outstanding help this year on various projects concering the 1985 El Gato.

I would personally like to thank Mary Boyd for the hours of grueling work she put into the book this year, and thank you Mr. and Mrs. Boyd for never teaching Mary how to throw!

I would also like to thank Mrs. Winn for her endless contributions to the book, for being there and giving that extra effort that many teachers would fall far short of, and for just being a good friend to everyone. Thank you, Mrs. Winn, for all you've done! And good luck in the future with the little Winn. In addition, although he did not contribute directly to the 1985 El Gato, I would like to thank Mr. Winn, who was supportive and understanding when those nasty deadlines rolled around, and Mrs. Winn put in those 100-hour days. Thanks for sticking it out for us with those T.V. dinners and electric blankets. What a guy! Thank you everyone for a job well done! We couldn't have done it without your help!

A lot of time and lot of effort and a lot of work and we are proud! Proud of our yearbook. I'm glad to have been a part of it. As far as being the best yearbook. Capo has ever had, well we'll leave that for you to decide.

- David S. Reinhart, Co-editor



We made it, Yay! I'm so
It so cool, I hope you need in touch 855-9629. I hope you need in touch 855-9629. I hope you are great getting arrested really sweet, and I ucsoff coniv. cool. saddle back fell walnust

It is a familiar scene: the morning sun yields adventuresome young Smurfs in all their immaturity. The morning begins.

This day is filled with wonderous new things. We are driven into a new environment, with the wonderous excitement of birth. We slowly develop with each coming day to mature into what we will become. For the first time we find ourselves in formal gowns, we learn to drive a car, and we discover the true meaning of HOMEWORK! Many of us find jobs and take the first big step into reality.

To seniors, it's awe-inspiring to think back and look at where we were four years ago. At the same time, we all look forward. Where will we be years from now? Who is to say? We have learned so much, yet we have so much to learn. Wherever life may lead us years down the road, we will all have a common link that makes us great. What is this link, you say? Quite simply, Cougar Pride.

Our experiences and memories here may never be replaced or removed. These days we so fondly reflect on will continue to be reflected on for years to continue to be reflected on for years to shape our values and our character. Experience. There's no substitute for experience with Capo has been very educational. It has taught us so much more than what magnetic induction is, or the difference between "who" and "whom," or even how to figure mathematical roots. No, our experience with Capistrano Valley High School has been more than a simple education, it has been a priceless commodity that shant ever be parted with. Thank you Capistrano Valley.

5, I probably want go to college 24 314 I C 3000 BOOD 3010H 20322 NS) JUNEY 739 ANNAM JOUR STULS MANNA 6ET 3000 S371W ( 1401/8237 NOV 310/000 4243 HOLLO A ADMIN The greatlest ( Some Bucks: BAHI SPENI your my bud fuera a spoure my mont man though well will make mind any way author (5,21013, 2014 (MARK'S, ERIC'S, ?) aby we subsecting our lude Jumpo som sury & somony gypon Sulmo want will the give I woment But I'm worth the true aucust in SI this far multing or solutions = Hash a Ceal , no mou delle primary nout off not man the cant unagine more mars year sheelly make me south in When you're a Cougar, it's hard to be humble! Thenking tack on all mount south 1774M 3HI- aport JINIE JACILLE COFFEE

gradie of the stand of the stand such of the stand of the Mark mire A hour yo go and segre) i sees mire A. he's phenoe get a van i to more bemod soula! thick, Detale hab teapag? pouget 12 ples fun gel con- - Are the tweeter in front of us? (2) que! they greature ?a kin was definitely one of the highlights of 1585 (vines for the 2 weeks a saw severa, beering UZ w/ Jeff, you simus and lag i), Bells dig long tenders (cold loss starts in some is)

Annual lag is, Bells dig long I THAT I WROTE IN my occasion is) Shine Like Whe "Green Farmert" " (08PS W forget wo had which Bie Com . I they to remen Joseithur by Whenking about geting repeted by and, with Beater galing away opening bushed at 6.P., expending showers (on 48 b-doings). down you gond : amount some so ver sines is When about the nor I must fee's on had and it Blood Beach. of them emergene come on the radio (#1 hit on AM) Then we fell in low wolks need. (3) hon a laner, wound Hargen (Bagen?) a hieling Whem as Wilfold. ("No mon, Huers hiny.") wheel a jake ! How about the mother mound wof babbbyo Ding (frak mouth's eyes) and has grammy skut a umeneld eyes proper can be, yet alle get along as weel. Amando world to me this you. were amaging how alive two Held goesie, Genera should a lugar? A guesa d'action and prised in the luck friend in the luck friend in the luck

antending give the and form of description or exploration with and grown to de with end from of description or exploration with a proper as interest to me. I have all the deal of the all of the anti-structured from the form the format that and party from the seture proper as interest to me. It has all all of the all of the almost area to method from the star more as the format that and for the star and for the youd to rule us think! or going to visit you at movement ending up leaving with 50% of their food supply in my purse-out out! sign. Furnis how we pulled up together at pretty much going to do with ourselves? He out and party together more wonderst do it justice. That such the or unatered! What are we kneed and or whatever! What are we and then .... yes prid Coilins. The whole night was just So mary things to early and so with time and space to write Well Siled with readiness was sixty of the state of the s Ever Mines you do not ate care and tead gratin. everything with contract of the state of the the papelicary of med that
the other it is sured that must be
described the Sured allows we have
Sprow and allows we have allowed allows we have
Sprow and allows we have allowed allows we have
Sprow and allows we have allowed allows and allows we Dacks Hove your a boy Did we have Some Jun times this past Summercruising in mon. Car - the Green Machine. and feath b-day - what a cold morning at the bottom of my hill watching the moon go down with deers to the juturewh tackie " you've made alst of my memories - getting rid of Jon! Mike?" I watching to down that" - that morning watching That guy painting, in the Kitchert What's that smell, Jacks 7, Hope we have many S. USA) TORA Kim Levine Will it last? June 16, 1 Reunion 49524 Runion 4952459

JACKIE, THIS IS STEVE. I WANT TO Thank for so much! Thank Thank wa for your friendship for being one of my best friends shis year and especially to in high school. I owe so much the wonderful time I had to your excellent advice and strong at the prom! That was support. You are so friendly! I my best memory of high voted for you to be BEST FRIEND! The PROM was fun! The French RESTRAUNT ... SNAILS!! GOSh! AMERICAN CULTURES (Phil DOWAHUE SHOW) AMERICAN he can do someshina. I wish up agolf luck and GOVERN MENT (REMEMBER White'S Walk!) Stay screet and cute. I hope happiness in the future. Ill you do fully fantastic in Stop by Congais a lot to College!! FRIENDS

ALWAYS,

643-1043

EEK HALLER to see you this summer. Than a / or for everything Jackie LOVE, STETE BAKEN

Well- I'm soglad we Decame friends-Iknow wereone always writes that in a year bookout I mean that & tave a woonderful sum Ne'll make anthro. Run! Love Kuly 3 Jackie. Don't tell De Rolando +Lat I'm se komment for e a/ her ok. Death to Stremmel the -

Hello Jarlie It has been agreat series year and we finally get to graduate out of here. I hate Mrs Dargun, she to ouch a litch. Jos at least the class was from. I hope you have too much bour this summer and go to the dreach a lot chancy. All hail to Alma Mater Love, Glory that we sing, Twe All hail Cougar colors Long may praises ring. And where the western skies merge With the western seas, Our high school stands. Proud in majesty, Wave the Black and Gold. ALL HAIL, all hail to thee. Bleach Head. I have really liked being Your triend of I Lope You Call use Soon Love 830 Scott 4861

